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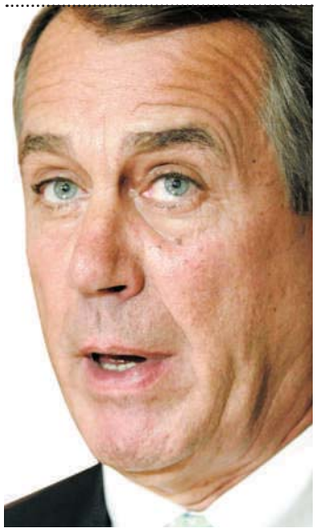
Tuesday



FACE-OFF

Both sides dig in for the final fight over the U.S. debt crisis 3

ALLIES IN EVIL

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'ALL THAT'

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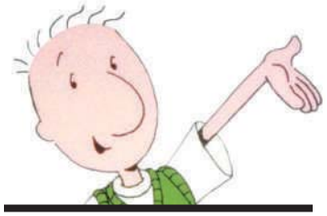

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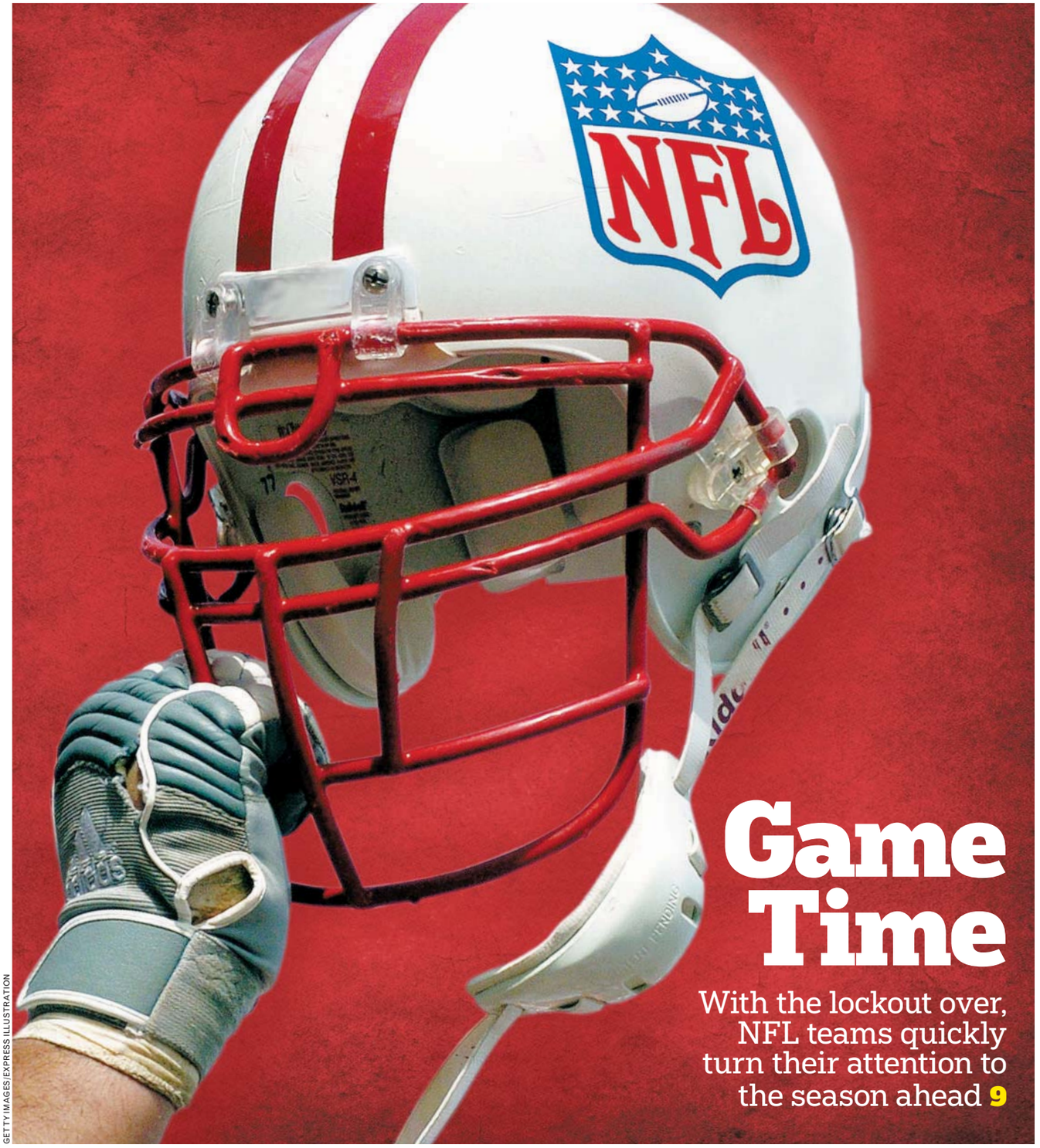

GETTY IMAGES/EXPRESS ILLUSTRATION

Game Time

With the lockout over, NFL teams quickly turn their attention to the season ahead 9

eo

eye openers

SCARY STORIES

And Everyone Lived Traumatizedly Ever After

A South African man awoke to find himself in a morgue fridge nearly a day after his family thought he had died. Health department spokesman Sizwe Kupelo said Monday that the man awoke Sunday afternoon, 21 hours after his family called in an undertaker after an asthma attack. The man started yelling, prompting morgue workers to run away. They eventually returned and let him out. He was taken to a nearby hospital and discharged by doctors who deemed him stable. (AP)

"Warning: Hot dogs can wreck your health."

— THE MESSAGE ON A BILLBOARD ERECTED MONDAY NEAR THE INDIANAPOLIS MOTOR SPEEDWAY. THE SIGN BEARS AN IMAGE OF A HOT DOG IN A CIGARETTE PACKAGE AND DIRECTS READERS TO CANCER-PROJECT.ORG.

SHAPE PERCEPTION

Also Easy to Mistake for A Gun: Basketballs, Wigs, Model Airplanes, Pencils

A 27-year-old woman has been accused of robbing a Thibodaux, La., convenience store with an empty vodka bottle. Police said the woman approached a store clerk Friday holding the bottle under her shirt as if it were a handgun. Investigators said the clerk handed over $444. A suspect was arrested about 30 minutes later. April Preston was booked on simple robbery. (AP)

The Big Picture

KYLE ROBERTSON/AP

HAY, GOOD LOOKIN': Michael Moscato works on his entry Sunday for the Ohio State Fair's "Rolling in the Hay" art contest. The three sculptures competing are the version of Edvard Munch's "The Scream," above; a large catfish fashioned from straw; and an abstract work made of hay bales. The fair, in Columbus, starts Wednesday. (AP)

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Boehner, Reid Draft Debt Plans

Parties offer rival legislation as clock ticks toward default

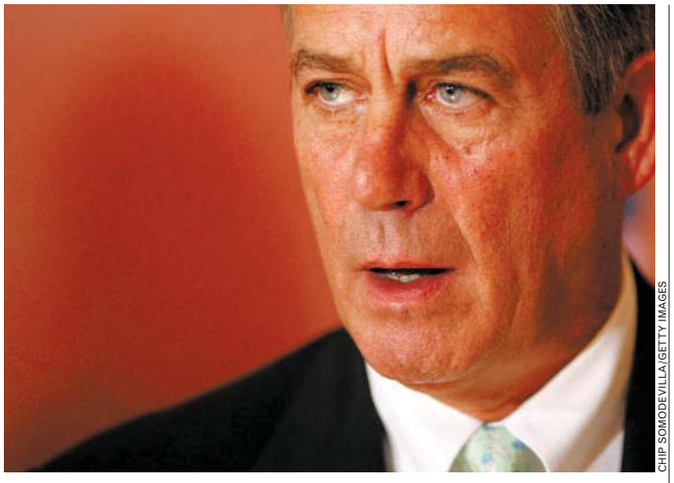
Washington

In a fresh challenge to President Obama, House Republicans unveiled reworked legislation Monday to avert a potentially devastating government default in barely a week — but along lines the White House has already rejected.

Democrats countered quickly with an alternative that drew presidential backing, and Obama readied a prime-time, nationally televised speech on short notice.

Despite warnings to the contrary, U.S. financial markets appeared to take the political maneuvering in stride. Wall Street posted losses but with no indication of panic among investors.

Obama wants legislation that will raise the nation's debt limit by at least $2.4 trillion in one vote, enough to avoid a recurrence of the acrimonious current struggle until after the 2013 elections.



CHIP SOMODEVILLA/GETTY IMAGES

Speaker of the House John Boehner, R-Ohio, announces new legislation Monday that would raise the debt ceiling in two stages and cut $3 trillion in federal spending.

$81.7M

The amount people have donated since June 1961 to a West Virginia post office box, which funnels the money to the Treasury Department's general fund. Many people mistakenly thought the money would go toward paying down the national debt. (THE WASHINGTON POST)

House Speaker John Boehner's legislation would provide for an immediate $1 trillion increase in the government's $14.3 trillion debt limit in exchange for $1.2 trillion in cuts in federal spending.

It also envisions Congress approving a second round of spending cuts of $1.8 trillion or more in 2012, passage of which would trigger an additional $1.6 trillion in increased borrowing authority.

Stopping short of a veto threat, White House communications director Dan Pfeiffer called the proposal "not a serious attempt to avert default because it has no chance of passing the Senate."

As Boehner readied his legislation, Senate Democratic leaders called a news conference to announce their own next steps.

The Democrats' measure would cut $2.7 trillion in federal spending and raise the debt limit by $2.4 trillion in one step — enough borrowing authority to meet Obama's bottom-line demand.

The cuts include $1.2 trillion from across a range of hundreds of government programs and $1 trillion in savings assumed to derive from the end of the wars in Afghanistan and Iraq.

Without signed legislation by day's end on Aug. 2, the Treasury will be unable to pay all its bills, possibly triggering an unprecedented default that officials warn could badly damage a national economy struggling to recover from the worst recession in decades. (AP)

Club Med: Dissecting a human eye isn't the normal summer camp fare. But programs to entice budding scientists, from building robots to measuring pollution, increasingly are becoming part of the summer ritual. The idea is to show kids a wide variety of critical health careers, from nurse-anesthetists to pharmacists to physical therapists. But it's not for the squeamish. "I've got a strong stomach," says camper Brianna, of Stafford, Va., at a camp in Warrenton, Va. (AP)

In Brief

WASHINGTON

Pelosi Calls for Ethics Probe Into Wu Sex Report

Wu

Oregon Democratic Rep. David Wu faced increased pressure Monday after House Democratic leader Nancy Pelosi called for an ethics investigation over an 18-year-old woman's claim of an "unwanted sexual encounter" with him. (AP)

WASHINGTON

Failed Bill Halts Airport Construction Projects

Airport construction projects across the country are on hold, and thousands of federal employees are not working, because Congress failed to pass legislation to keep the Federal Aviation Administration operating, Transportation Secretary Ray LaHood said Monday. (AP)

WASHINGTON

DNA Evidence May Link Rape Supect to Md. Case

DNA evidence may link a man suspected in rape cases along the East Coast to a 1999 sexual assault in Greenbelt, Md. Aaron Thomas was arrested in March after authorities said DNA confirmed he was the so-called East Coast Rapist. (AP)

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Nation

Teens Recovering After Bear Attack

Grizzly charged after group of 7 in Alaska, seriously wounding 2

Anchorage, Alaska

A grizzly pounced so furiously on a group of teenagers in the Alaska wilderness that they did not have time to pull out their bear deterrent spray to defend themselves, the father of one of the boys said on Monday.

The seven teenagers were in the last leg of a 30-day National Outdoor Leadership School backcountry education course when they came upon the bear and its cub on Saturday night. The teens at the front of the pack bore the brunt of the attack, authorities said.

They were rescued early Sunday after activating their emergency locator beacon and tending to the wounded.

"They startled this bear," Jon Gottsegen said in a telephone interview from his Denver home, his 17-year-old son Samuel among the four injured teenagers. "It sort of came around a curve."

The bear attacked as the group lined up for a river crossing in the Talkeetna Mountains, north of Anchorage. Those in the back of the line heard the warning, and the two at the front were most seriously injured, authorities said.

LOREN HOLMES/AP

Samuel Gottsegen, 17, recovers Monday in Anchorage, Alaska, after a bear attack.

Another group of seven students and three instructors waited about six miles away for a helicopter hired by the Lander, Wyo.-based NOLS, said Bruce Palmer, a spokesman for the organization.

Palmer said the worst injured with bear bite wounds are Joshua Berg, 17, of New City, N.Y.; and Gottsegen. Berg was in serious condition, and Gottsegen was upgraded to good from serious, a hospital spokeswoman said.

"I thought I was going to die when I was being attacked," Gottsegen said from his hospital bed. "I was so scared." RACHEL D'ORO (AP)

A Hollywood Gold Mine: The story of the Chilean miners who were trapped underground for more than two months is on its way to the big screen. The 33 miners have sold the rights to their story to "Black Swan" producer Mike Medavoy. The film will recount the remarkable plight of the miners, who were trapped for 69 days after the San Jose Mine they were working in collapsed near Copiapo, Chile. No studio is yet attached to distribute the film. (AP)

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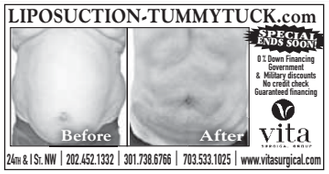

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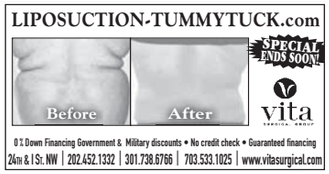

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Nation

Opponents Sue In N.Y. Over Gay Marriage Law

Niagara Falls, N.Y.

Opponents of New York's gay marriage law filed the first lawsuit challenging the measure, an anticipated salvo that came Monday as dozens of same-sex couples exchanged vows in a group ceremony overlooking Niagara Falls a day after the first gay weddings.

A representative of New Yorkers for Constitutional Freedoms and a rabbi said in a lawsuit filed in state court that New York's Senate violated its own procedures and the state's open meetings law when it approved the bill last month. **(AP)**

Census: Wealth Gaps Widen

Washington

The wealth gaps between whites and minorities have grown to their widest levels in a quarter-century. The recession and uneven recovery have erased decades of minority gains, leaving whites on average with 20 times the net worth of blacks and 18 times that of Hispanics, according to new census data.

The analysis shows the racial and ethnic impact of the economic meltdown, which ravaged housing values and sent unemployment soaring. It offers the most direct government evidence yet of the disparity between predominantly younger minorities. **(AP)**

Drought Takes Toll on Texas

SCOTT OLSON/GETTY IMAGES

DEAD FISH FLOAT IN SOME OF THE REMNANTS of O.C. Fisher Lake on Monday in San Angelo, Texas. The 5,440-acre lake, which served as a secondary drinking water source for San Angelo and the surrounding communities, is now dry in the wake of an extended drought in the region.

WAR OF WORDS

Minnesota Twins

Presidential candidate Tim Pawlenty used a campaign appearance in Iowa on Monday to accuse his home state Republican presidential rival Michele Bachmann of having a record of mixing up her facts. Bachmann was in Iowa, too but stayed away from what's become an escalating war of words. (AP)

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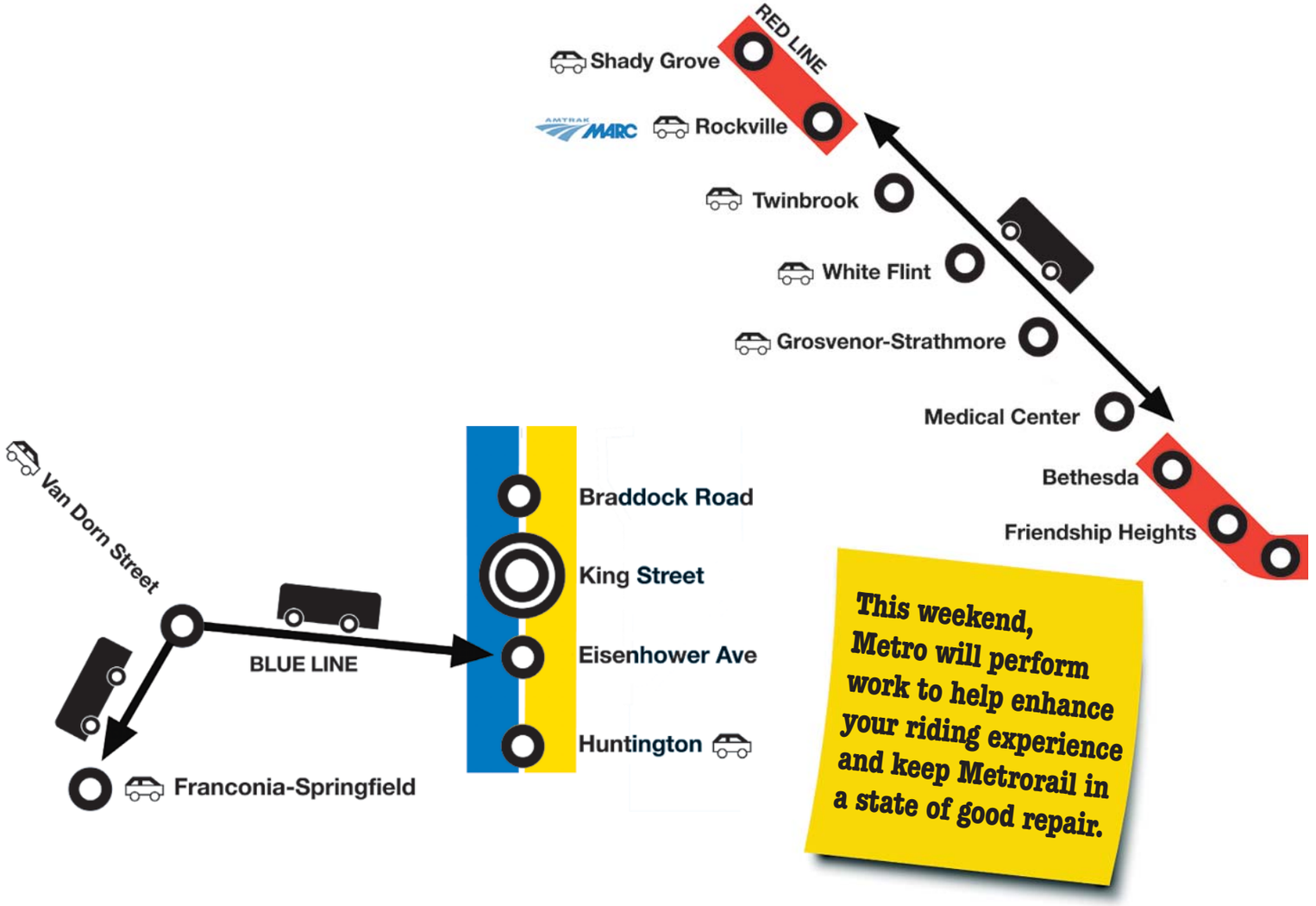

Temporarily closing stations and suspending train service is necessary while Metro repairs tunnels, platforms at Twinbrook and White Flint stations, installs NTSB-recommended cable and improves cell phone coverage. For information on free shuttle bus service, parking and alternate routes, please visit **MetroForward.com** or call 202-637-7000. Track work projects like this are part of Metro's commitment to building a better ride for you.

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Norway Suspect Boasts of Allies

Terror network may lead more attacks, defendant warns

Oslo, Norway

The self-described perpetrator of Norway's deadly bombing and shooting rampage was ordered held in isolation at a hearing Monday after calmly telling the court that two groups of allies stand ready to join his murderous campaign.

Anders Behring Breivik admitted bombing Norway's capital and shooting at a youth group on an island near Oslo on Friday. Still, Breivik pleaded not guilty, saying he wanted to save Europe from Muslim immigration.

Breivik also alluded to two cells of his network, which he imagines as a new Knights Templar, the medieval crusaders who protected Christian pilgrims. Police believe he acted alone, despite his claims otherwise in a 1,500-page manifesto. But they have not completely ruled out that he had accomplices.

Judge Kim Heger ordered Breivik held for eight weeks, including four in isolation. Prosecutor Christian Hatlo said that Breivik was calm and "seemed unaffected by what has happened."

Hundreds of reporters and locals thronged the courthouse ahead of his court appearance, hoping for a glimpse of the man blamed for the deaths of 76 people, lowered from 93.

Police revealed Monday that they had dramatically overcounted the number of people slain on the isle and lowered the death toll from 86 to 68. The higher figure had emerged as officials focused on survivors, and some may have counted bodies twice, police said.

The tally adds to a list of police missteps: They took 90 minutes to arrive at the island from the first shot, and people there who called emergency services have reported being told to stay off the lines unless they were calling about the Oslo bombings.

Norway has been stunned by the attacks and riveted by Breivik's writings. But tens of thousands of Norwegians also defied his rhetoric of hate, gathering in Oslo to mourn the victims and lay thousands of flowers around the city. (AP)

Dangerous Intent

Anders Behring Breivik faces 21 years in prison on terrorism charges, the stiffest sentence a Norwegian judge can hand down. However, sentences that can be renewed indefinitely can be given to prisoners who are deemed a danger to society. Breivik has said that his attacks on Friday, a bombing in Oslo and a shooting at a youth retreat, were intended to start a revolution to inspire Norwegians to retake their country from Muslims. (AP)

> **"I don't feel like his father. ... He should have taken his own life, too. That's what he should have done."**
>
> — **JENS DAVID BREIVIK,** SPEAKING MONDAY ABOUT HIS SON, ANDERS BEHRING BREIVIK, THE ACCUSED MASTERMIND OF FRIDAY'S MASSACRE IN NORWAY.

In Brief

LONDON

Autopsy Is Inconclusive In Winehouse's Death

Winehouse

An autopsy on singer Amy Winehouse on Monday failed to determine what killed the 27-year-old star, leaving fans and family with a weeks-long wait for the results of toxicology tests. The singer, who had struggled with drug and alcohol abuse for years, was found dead Saturday at her home in London. (AP)

VATICAN CITY

Vatican Recalls Its Envoy To Ireland in Abuse Crisis

Chafing under extraordinary criticism, the Vatican made the rare move of recalling its ambassador to Ireland on Monday following accusations that the Holy See sabotaged efforts by Catholic bishops to report clerical sex abuse cases to police. The deepening crisis follows a July 13 report that the Irish diocese of Cloyne failed to act on complaints against 19 priests from 1996 to 2009. (AP)

Just Needed More Cowbell: A Dutch tourist was just a little too eager to get his hands on a real Alpine cowbell for a souvenir, German police said Monday. Officials in southern Bavaria said the 30-year-old man plucked the bell and collar, worth about $290, off the neck of a cow in a farmer's field southwest of Munich on Friday. A passer-by witnessed the theft and detained the tourist until police could get to the scene. (AP)

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World

Evidence Disputed in Knox Trial

Experts: Police erred in gathering of DNA for '07 murder case

Perugia, Italy

The investigators who collected the genetic evidence used to convict American student Amanda Knox of murder in Italy made a series of glaring errors, including using a dirty glove and not wearing caps, two independent forensic experts said Monday.

The experts had been appointed by an Italian appeals court to review the DNA evidence used in Knox's trial, including some found on a kitchen knife believed to be the murder weapon and some found on the clasp of the victim's bra.

That evidence played a crucial role in securing the convictions of Knox, 24, and her co-defendant, Raffaele Sollecito, 27, in the 2007 murder of Meredith Kercher. Knox and Sollecito have appealed.

In the first trial, prosecutors said that Knox's DNA was found on the handle of the knife and Kercher's DNA was found on the blade. They say Sollecito's DNA was found on the clasp of Kercher's bra.

But experts said Monday that evidence collection fell below international standards, which may have led to contamination.

One expert, Stefano Conti, cited dozens of cases of forensic police lacking such protective equipment as masks or hair caps at the crime scene.

The other expert, Carla Vecchiotti, told the court that the genetic profile on the knife blade that was attributed to Kercher is dubious.

She said the review concurred with the original testing in that the DNA on the knife handle could be attributed to Knox. The knife was found at Sollecito's apartment.

ALESSANDRA RIZZO (AP)

Backstory

Amanda Knox was an American exchange student who shared an apartment in Perugia, Italy, with Meredith Kercher, a 21-year-old Briton who was found fatally stabbed in the apartment on Nov. 1, 2007. Knox, now 24, and Raffaele Sollecito, 27, were convicted of the murder in an Italian court. They have both denied wrongdoing and filed an appeal, and a verdict is expected to be reached in late September. (AP)

46

The number of days after Meredith Kercher, a Briton, was fatally stabbed in 2007 that it took Italian investigators to collect a bra clasp, a crucial piece of evidence for prosecutors in the murder trial. (AP)

Hearsay

"I would say we can settle the question, the Shakespearean question — 'to be or not to be' — end of next year."

— **ROLF HEUER**, DIRECTOR OF THE EUROPEAN PARTICLE PHYSICS LABORATORY NEAR GENEVA, PREDICTING ON MONDAY THAT SCIENTISTS WILL FIND THE LONG-SOUGHT THEORETICAL PARTICLE THAT WOULD EXPLAIN THE BIG BANG THEORY — OR RULE OUT THAT IT EXISTS — BY 2012. THE LAB BOASTS THE WORLD'S LARGEST ATOM SMASHER.

Syria May OK New Political Parties

Beirut

Syria's government has endorsed a draft law that it says will allow the formation of political parties alongside President Bashar Assad's ruling Baath Party, part of a series of promised reforms that the opposition has dismissed as largely symbolic.

The development came as forces detained dozens of people in the capital, Damascus, and other cities in search of anti-government protesters and regime opponents, activists said Monday.

The multiparty bill, approved by the Cabinet late Sunday, follows other concessions Assad has made as part of his efforts to quell more than four months of protests against his regime. He has coupled his pledges of reform with a crackdown that activists say has killed at least 1,600 people.

The draft law, which still needs parliamentary approval, would allow for the establishment of any political party that is not based on religious or tribal lines, or discriminates due to ethnicity, gender or race, the state-run news agency said.

Assad's ruling Baath Party has held a monopoly over political life in Syria for decades. (AP)

5 **The amount, in tons, of high-energy bars that the U.N. is sending** this week by emergency airlift to people desperate for food in Dolo, Somalia. The World Food Program is scrambling to restart humanitarian aid to parts of drought-ravaged Somalia that militants banned it from more than two years ago. Tens of thousands of people already have trekked to Kenya and Ethiopia to flee the spreading famine. The energy bars could arrive as soon as Thursday. (AP)

Back in Business

After the players ratify a new deal, the NFL is set to reopen its doors

Washington

Now it can be said with certainty: Get ready for some football!

NFL players voted to OK a final deal Monday, days after the owners approved a tentative agreement, and the sides finally managed to put an end to the 4½-month lockout, the longest work stoppage in league history.

"This is a long time coming, and football's back," NFL Commissioner Roger Goodell said, "and that's the great news for everybody."

The labor dispute comes to a close after claiming one exhibition: the Hall of Fame game between the Bears and Rams, scheduled for Aug. 7 in Canton, Ohio. Otherwise, the entire preseason and regular-season schedules remain intact. Club facilities will open to players Tuesday, when 2011 draft picks and rookie free agents can be signed.

At a joint appearance outside the NFL Players Association headquarters, Goodell and NFLPA head DeMaurice Smith shook hands, surrounded by some of the owners and players who were involved in the talks. They spoke shortly after the NFLPA executive board and 32 team reps voted unanimously to approve the terms of a 10-year deal.

Owners can point to victories, such as gaining a higher percentage of the more-than $9 billion in annual league revenues, one of the key issues throughout. Players persuaded teams to commit to spending nearly all of their salary cap space in cash and won changes to offseason and in-season practice rules that should make the game safer.

The Redskins have one big issue to tackle before they move forward.
PAGE 13

If there was one unexpected moment during the press conference it was Indianapolis Colts center Jeff Saturday's eloquent tribute to New England Patriots owner Bob Kraft, who was lauded as instrumental in helping forge the deal. Kraft's wife, Myra, died Wednesday after a battle with cancer. "A special thanks to Myra Kraft, who even in her weakest moment allowed Mr. Kraft to come and fight this out," Saturday said. "Without him, this deal does not get done. ... He's a man who helped us save football."

With that, Saturday wrapped Kraft in a hug, a gesture that — more than anyone's words — symbolized how the lockout ended.

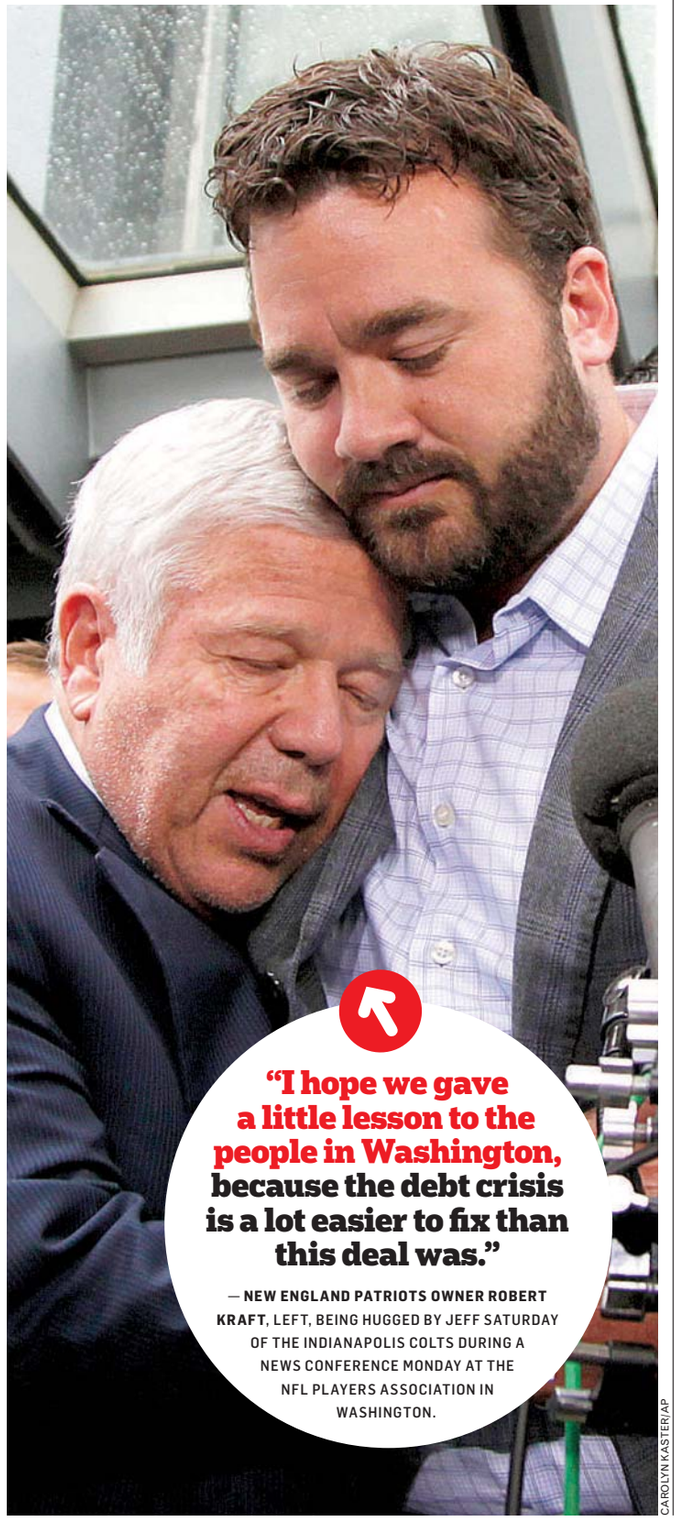
Owners overwhelmingly approved a proposal to end the dispute on Thursday, but some unresolved issues needed to be reviewed to satisfy players. The sides worked through the weekend and wrapped up nearly every detail by about 3 a.m. Monday on a final pact that runs through the 2020 season and doesn't include an opt-out clause.

All players now will take a vote to re-certify the union — it was dissolved March 11, turning the NFLPA into a trade association — and then one more vote to approve the final CBA. That all needs to be wrapped up by Aug. 4 to make everything official, something everyone involved believes will happen without a hitch.

"I'd like, on behalf of both sides, to apologize to the fans: For the last five, six months we've been talking about the business of football and not what goes on on the field," Kraft said. (AP)

'Chaos' Is Coming

Frantic. Chaotic. Ragged. They all will apply to the NFL for the next few weeks, perhaps longer. The product on the field might not match what the NFL usually provides, and that could be the biggest impact of the 4½-month lockout. Arizona Cardinals star receiver Larry Fitzgerald, left, says the quality of play won't "be as good early." Jets fullback Tony Richardson has spent 16 seasons in the NFL. He sees upcoming training camps and the preseason this way: "The best word for it is chaos." (AP)



"I hope we gave a little lesson to the people in Washington, because the debt crisis is a lot easier to fix than this deal was."

— NEW ENGLAND PATRIOTS OWNER ROBERT KRAFT, LEFT, BEING HUGGED BY JEFF SATURDAY OF THE INDIANAPOLIS COLTS DURING A NEWS CONFERENCE MONDAY AT THE NFL PLAYERS ASSOCIATION IN WASHINGTON.

CAROLYN KASTER/AP

What's Next?

Tuesday Club facilities will be open. Teams can sign rookies and undrafted free agents; teams can commence trading and can reach agreements with all free agents and signed players.

Wednesday Training camp begins for some teams; players can report to camp 15 days before their teams' first preseason games.

Thursday Training camp begins for Redskins. Teams can begin to waive players beginning at 4 p.m.

Friday Teams can file free-agent signings to the league office beginning at 6 p.m.

Aug. 4 Deadline for ratification of the collective bargaining agreement.

Aug. 11 First preseason game, with Seattle at San Diego.

Sept. 8 First regular season game: New Orleans Saints at Green Bay Packers. (TWP/AP)

DC Rider

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Too Many Purple Line Stops

Q I read the recent article on the Purple Line. Am I correct that the line is going to cover about 16 miles but will have more than 20 stops? Please say it ain't so! That is far too many stops.

Yes, there's definitely a trade-off at work here. The more stops there are, the longer it's going take to get from one end of the line to another. But the more stops there are, the more riders the Purple Line can attract. The planners aren't looking at any big new parking garages or lots along the route. Most of the people riding the Purple Line will live within a quarter-mile of the stations.

Q Time for my yearly plead — Metro, please put a large sign at the entrance to the College Park Metro (not garage) explaining that SmarTrip cards are required to exit the garage, like the red one at Greenbelt that they rarely put on display. At least once a week I find myself stuck behind someone at the garage gate.

Yes, it still happens a lot, and I have a feeling it's more so during the summer, when we have so many visitors to the D.C. area using Metro. Signs help, but I think the better solution is to upgrade the exits so they all can take a variety of credit cards.

Q I'm disappointed and frustrated by last week's reversal of the original decision to build the new Metrorail station at Dulles underground and close to the terminal. I urge that a surcharge on Metrorail trips terminating at or originating from a new underground station could pay its incremental cost.

No question that the cost of the rail project needs to come down and that Dulles Toll Road drivers shouldn't be paying such a big part of the cost. But making the airport station inconvenient to airport travelers should have been a last resort, not a top priority. And, yes, I think that at least part of the burden of paying for a rail link should fall to air travelers.

Q What is Metro's policy when buses are running considerably ahead of schedule? Other cities have buses hold at a major stop when they are far ahead of schedule. I've missed many buses here because they come 10 to 15 minutes early. This is especially frustrating on Sundays, when bus service is so limited. A hold policy would also help address the dreaded bus bunching.

Metro has been trying to work out this problem of buses' arriving early. There have been some conversations between Metro board members and staff at recent meetings about Metro's rather liberal definition of what it means to be "on time." Holding buses is a matter of supervision. Someone has to tell the driver to wait.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.

METRO PULSE

The National Park Service is against putting Capital Bikeshare stations on the Mall. What do you think?

"I'm worried about keeping it pretty. So keep the bikes adjacent to the Mall."

Karen Cook
WHEATON

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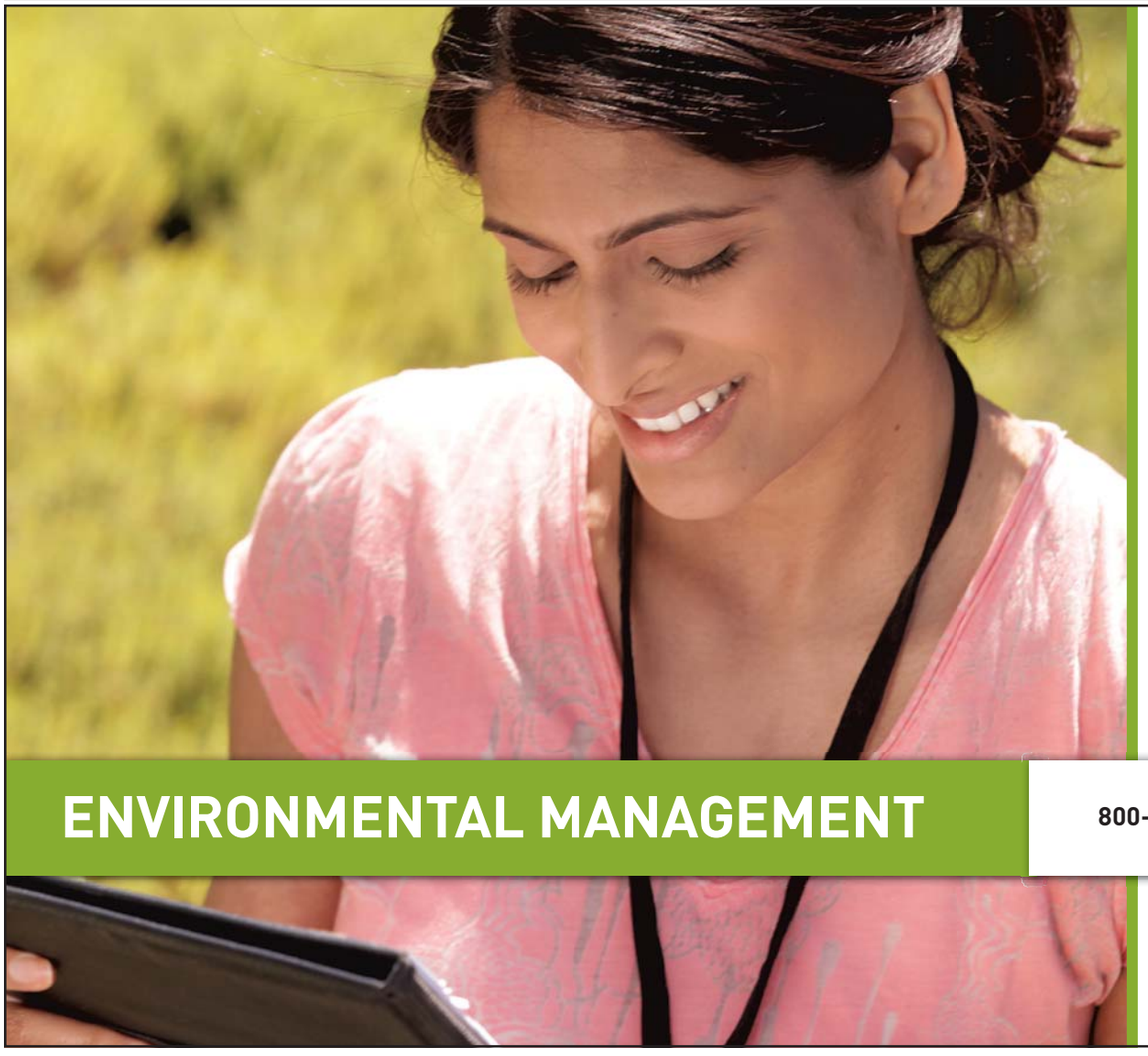

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Local

In Brief

WASHINGTON

Missing Baby Found in NE, Sitter in Police Custody

KiYauhn

Authorities say a 7-month-old baby and his teenage baby sitter who disappeared from Baltimore have been found in Northeast. D.C. police spokesman Officer Anthony Clay says the baby, Ki'Yauhn Birch, and the teenager were found in the 4400 block of Nannie Helen Burroughs Avenue early Monday morning. The teenager has been taken into custody. (AP)

WASHINGTON

Officer Arrested in Sting Gets 7 Months in Prison

A former District of Columbia police officer caught in an internal sting has been sentenced to seven months in prison for acting as a lookout during a burglary. Jennifer Green was sentenced Monday in D.C. Superior Court. She has resigned from the police department. Prosecutors say Green met with a cooperating witness in March and discussed plans to steal money and drugs from an apartment in D.C. Green sat in a car and used her police-issued radio to act as a lookout during the burglary. (AP)

The Lotteries

Monday, July 25

District

Mid-day Lucky Numbers	9-1-0
Evening Lucky Numbers (Sun.)	9-4-3
Mid-day DC 4	7-7-0-4
Evening DC 4 (Sun.)	0-1-6-7
Mid-day D.C. Five	8-0-4-7-7
Evening D.C. Five (Sun.)	-9-9-1-6-6

Maryland

Mid-day Pick 3	9-8-0
Evening Pick 3 (Sun.)	3-9-1
Mid-day Pick 4	3-6-9-5
Evening Pick 4 (Sun.)	7-1-6-1
Match 5 (Sun.)	1-7-32-33-39 (9)

Virginia

Mid-day Pick 3	6-5-5
Evening Pick 3 (Sun.)	9-5-1
Mid-day Pick 4	7-2-7-2
Evening Pick 4 (Sun.)	8-4-0-0
Mid-day Cash 5 (Sun.)	3-4-8-14-30
Evening Cash 5 (Sun.)	1-4-9-11-3

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Brown Mum on Thomas' Decision

Council chair doesn't call for colleague to resign after lawsuit

Washington

D.C. Council Chairman Kwame Brown said Monday that he is urging council member Harry Thomas Jr. to "consider seriously doing what is best for his family and his constituents," but the chairman stopped short of asking for Thomas's resignation.

On Friday, Thomas, D-Ward 5, agreed to repay the District $300,000 to settle a city lawsuit that alleged that he diverted public funds from youth programs and used some of the money to pay for luxury cars and expensive trips.

Thomas did not admit wrongdoing, but council members David A. Catania, I-At Large, and Mary M. Cheh, D-Ward 3, are calling on their colleague to resign.

Brown, a Democrat, who is facing his own ethical controversies, said he is "disappointed with the entire situation" surrounding Thomas. But in his carefully worded statement, Brown gave no clear indication on whether he wants Thomas to remain on the 13-member body.

"As chairman of the council, my highest priority is to ensure that the people of this city have faith in their government," Brown said. "I have urged council member Thomas to consider seriously doing what is best for his family and his constituents as he moves forward from the settlement."

KATHERINE FREY/TWP

Council member Harry Thomas Jr., left, and Mayor Vincent Gray, right, in 2010.

Yet Brown appears to suggest that he thinks Thomas may have violated the council's Code of Ethics, saying it "demands that members act solely in the public interest and not for any personal gain."

"Members must keep the public's trust and integrity of the District government at the forefront of any decision making," Brown said. "No member is above reproach, and my colleagues and I will work to ensure that the council of the District of Columbia is in a position to continue to work effectively for the people of this city."

TIM CRAIG (THE WASHINGTON POST)

Walter Reed Set To Close Doors

Washington

After more than a century of treating the war's wounded and Washington's most powerful people, Walter Reed Army Medical Center will close its doors and move to a new facility in Bethesda.

Since 1909, war-weary soldiers from World War I and after and presidents such as Dwight Eisenhower have lived or died there. Nurses in the Vietnam war era were said to marry their patients there. There were champagne parties for triple amputees.

But in 2005, a government commission voted to close the facility and move it elsewhere as part of a large cost-cutting plan.

Two years later, a Washington Post investigation revealed that the patients were having to endure substandard living conditions and faced all kinds of red tape in getting treatment.

On Wednesday, former and current patients and Walter Reed employees will finally say goodbye during a ceremony on the grounds. Most of the moving will take place in August.

RICH LIPSKI/TWP

Walter Reed Army Medical Center in Northwest has treated soldiers since 1909.

ELIZABETH FLOCK (THE WASHINGTON POST)

Judge Tells EPA: Alter Plans for Anacostia River

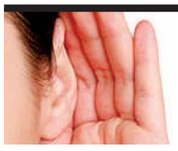
Washington

A federal judge Monday ordered the Environmental Protection Agency to craft new pollution standards for the Anacostia River that would allow officials to make it safe for swimmers and boaters.

In a ruling in a lawsuit brought by two environmental groups, Chief U.S. District Judge Royce Lamberth wrote that the EPA acted "arbitrarily and capriciously" in coming up with pollution levels that would allow for safe "recreational and aesthetic uses" of the river.

Lamberth gave the EPA a year to come up with a better plan. "The Anacostia, in a word, is dirty," Lamberth wrote before sharply criticizing officials at the EPA and in Maryland and District governments for failing to fix the river.

(THE WASHINGTON POST)

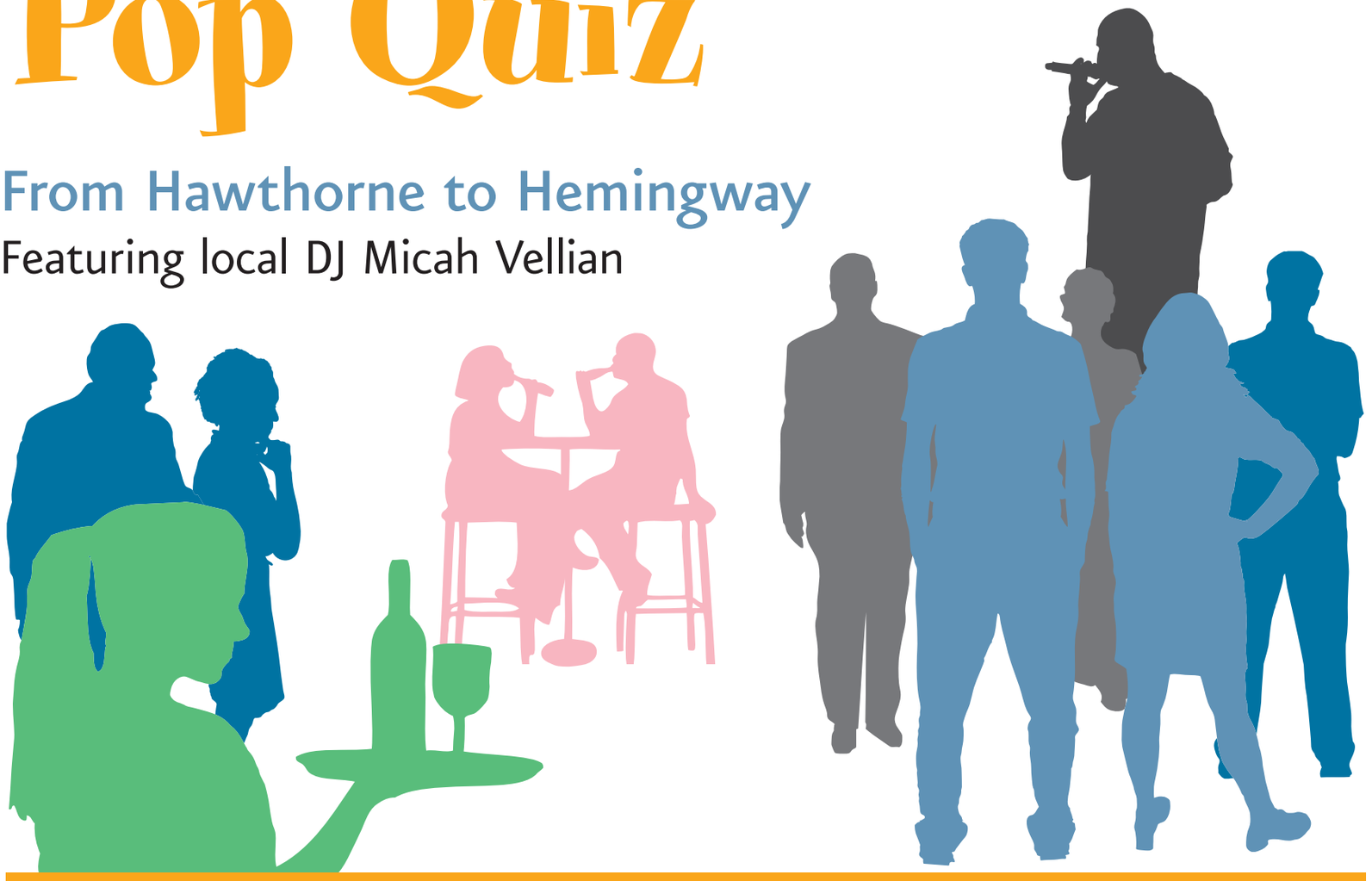


Language Barrier: Police in Arlington County are looking for volunteers with foreign-language skills to assist officers on patrol in the county. In particular, police are looking for people who can speak Spanish, French, Mongolian, Arabic and certain African dialects. Those languages are prevalent in the county's immigrant community, and police want to make sure they can communicate with as many people as possible. (AP)

Pop Quiz

From Hawthorne to Hemingway

Featuring local DJ Micah Vellian



NATIONAL PORTRAIT GALLERY

Wednesday, July 27

Stay cool on a summer night at the National Portrait Gallery's Pop Quiz: From Hawthorne to Hemingway, featuring local DJ sensation Micah Vellian. Pop Quiz's multimedia trivia questions are based on the Portrait Gallery's collection. Snacks and beverages are available for purchase in the Courtyard Café.

Music begins at 5:30 p.m. in the Robert and Arlene Kogod Courtyard; trivia starts at 6:30 p.m. Ages 18 and up are welcome.

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It's Time To Cut Their Losses

The rebuilding Redskins can't afford to keep Haynesworth on their roster

Why It Makes Sense

Removing Albert Haynesworth from the team now makes sense for many reasons, the salary cap chief among them. The defensive tackle has a salary of $5.4 million this season, $1.8 million more than his 2010 base pay. Haynesworth's salary would become guaranteed if he's on the 53-man roster for the first regular season game. That's money the Redskins could spend on a player or players who may actually help them.

Last April, all the prorated money in Haynesworth's deal was eliminated when the Redskins paid him a $21 million bonus. Because of that move, Washington would save $5.4 million off the cap by dumping his contract. There would be no negative cap ramifications for Washington. (TWP)

Commentary

Finally headed back to work, the Redskins have many items on their post-lockout to-do list.

With the NFL's new salary cap at $120 million, the Redskins will sign rookies and free agents soon in an effort to set their roster for the preseason. Before additions occur, the Redskins should make a cap-friendly move that would undoubtedly improve franchise morale as well: Release Albert Haynesworth or take whatever they can get in a trade.

The moment has arrived to end their toxic relationship. It's time for Washington to close the book on the biggest free-agent blunder in NFL history.

Although the Redskins have cap flexibility, more would only help them in pursuing free agents. Also, it's not just about having space for signings. More cap room means more trade potential.

By Jason Reid

And after finishing last or tied for last four of the past five seasons, the Redskins cannot afford to waste opportunities.

Their defense was horrendous last season. The talent level along the line must improve, and, if possible, upgrading at inside linebacker and cornerback would make sense. Then there are all of the big holes on offense.

During two disappointing seasons, Haynesworth has received almost $35 million while playing in just 20 games. Dissatisfied with his role, he has been accused of insubordination and was suspended for the final four games in 2010 for conduct detrimental to the club.

Combined with his off-field legal issues, Haynesworth has little trade value, though there are still a few teams that would strongly consider offering the Redskins a low-round pick in exchange for him. But coach Mike Shanahan is believed to be seeking a high-round pick for Haynesworth, which he surely won't receive, so releasing Haynesworth is Washington's most viable option to end the long-running drama.

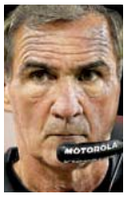
Haynesworth's unwillingness to commit to Shanahan's program — after signing a contract for the most guaranteed money in league history at the time — is unacceptable to Shanahan. The notion of Haynesworth possibly "winning" infuriates Shanahan, people at Redskins Park say. At this point in this mess, there are no winners.

Washington squandered a fortune on a player who was clearly a bad fit from the day he signed. Keeping Haynesworth on the team and having him inactive every week, as some in the organization have suggested, would only compound the error. The Redskins aren't good enough to burn $5.4 million in real dollars and waste valuable cap space and a roster spot out of spite. (THE WASHINGTON POST)

False Start

Minutes after NFL commissioner Roger Goodell announced the lockout was over on Monday afternoon, quarterback John Beck rolled up to Redskins Park, hoping to get a head start on things. But he was turned away at the security gate by a guard, who didn't even know who he was. Beck was told that players can't report until Tuesday morning. "I'm OK with that," Beck said of not being recognized. "I haven't done anything yet." (TWP)

Who's To Blame



Mike Shanahan: He lost supporters in the locker room because of his surprising mishandling of sensitive personnel matter. Late in the season, some veteran players even privately questioned Shanahan's motives in the Haynesworth drama.

Daniel Snyder: People repeatedly told the Redskins owner that Haynesworth was wrong for Washington's defensive scheme. They expressed concern about offering an unprecedented contract. It just didn't make sense. Snyder ignored it all, acquiring yet another trophy player.

Albert Haynesworth: He signed a contract. Even if promises were broken about the team's style of play on defense, an agreement remained in effect for him to play for Washington. It was reasonable for the Redskins to expect Haynesworth to fill the role he was assigned. (TWP)

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Sports

In Brief

MICHAEL SOHN/AP

Dana Vollmer celebrates after winning the women's 100m butterfly Monday.

SWIMMING

Vollmer Golden for U.S.

Dana Vollmer gave the United States its first gold medal in pool swimming at the world championships on Monday, catching Australia's Alicia Coutts in the final 20 meters to win the 100-meter butterfly. Vollmer finished in 56.87 seconds. Coutts, who was nearly a half-second under the world record after 50 meters, finished second in 56.94. (AP)

PRO FOOTBALL

Agent Downplays Talk Of Favre Comeback

Brett Favre's agent says talk of his client's attempting another NFL comeback is just "speculation." Bus Cook said on Monday that Favre hasn't talked to him about any sort of comeback and to his knowledge, Favre "hasn't talked to anybody else about a comeback" either. (AP)

DOPING

Doctor's Aide in Drug Case Gets Probation

Mary Ann Catalano — a Canadian sports doctor's aide who cooperated with prosecutors regarding her role in bringing unapproved drugs, including human growth hormone, into the U.S. to treat professional athletes — was given probation Monday for lying to border agents about medical supplies she was transporting. (AP)

SOCCER

Tainted Turkish League Delays Start of Season

Turkey postponed the start of its soccer season from Aug. 5 to Sept. 9 because of a game-fixing investigation that has landed 30 suspects in jail, including the president of the league champion. (AP)

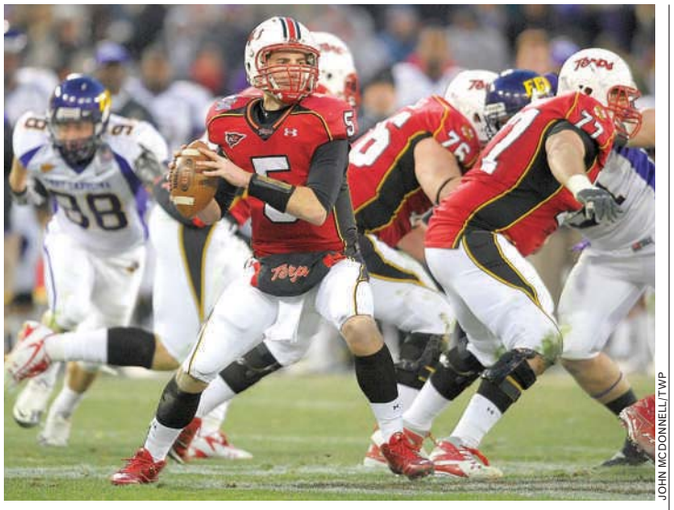
Terps QB Says It's 'Title or Bust'

O'Brien confident despite changes in coaches this season

Terps Football

The past eight months have not been as smooth for the Maryland football players as a team that finished its most recent season 9-4 might typically expect. Their old coach, Ralph Friedgen, was fired, and their new coach, Randy Edsall, operates the program in an entirely different fashion. There have been new schemes to adjust to on both sides of the ball, not to mention new coaching personalities with which to mesh.

But none of that has altered the expectations of at least two Terrapins. Redshirt sophomore quarterback Danny O'Brien certainly wasn't bashful when asked what he expected the team to accomplish in 2011.



JOHN MCDONNELL/TWP

Danny O'Brien, center, and the Terps ended last season by winning the Military Bowl.

"We're not making any excuses," O'Brien said at the ACC Football Kickoff in Pinehurst, N.C. "The goal is ACC title or bust. Anything short of that is a failure."

Winning the league crown would be quite a feat for Maryland in Edsall's first campaign at the Terrapins' helm. Then again, the last time a first-year ACC coach won the conference title was in 2001, when Friedgen did so with Maryland.

The offense returns five starters, including O'Brien, who is considered one of the ACC's top quarterbacks. Maryland's defense returns seven starters and features Tate at an outside linebacker position.

O'Brien said the Terrapins "kind of knocked at the door" in 2010, and he is excited at the opportunity to square off against all four teams — West Virginia, Clemson, Miami and Florida State — that defeated Maryland last season.

In fact, the Terrapins will get a chance to avenge previous losses in each of their first two games this year. Maryland opens against Miami on Sept. 5 and then plays West Virginia on Sept. 17 after a bye week. STEVE YANDA (THE WASHINGTON POST)

PREDICTIONS

Early Favorites

The assembled reporters at the ACC's football kickoff picked repeat division winners Monday. But this year, there was a consensus that a new team will earn the conference's automatic bid to a BCS bowl. According to a poll of media members, Florida State is the runaway pick to win its first ACC championship since 2005. Virginia Tech was tabbed as the favorite in the Coastal Division, but most voted that the Hokies will lose in the ACC's championship game to the Seminoles. (THE WASHINGTON POST)

Emotional Norwegian Wins Gold

Swimming

For a minute or two, Norwegian swimmer Alexander Dale Oen was able to block out the massacre and concentrate on nothing but the pool.

Dale Oen

Then, as soon as he won the 100-meter breaststroke Monday at the world championships, he pointed to the Norwegian flag on his cap. He rose from the water and flexed his biceps — a show of strength to those back home.

"We need to stay united," he said. "Everyone back home now is of course paralyzed with what happened. But it was important for me to symbolize that even though I'm here in China, I'm able to feel the same emotions."

Dale Oen, the silver medalist in this event at the 2008 Olympics, won in 58.71 seconds. Italy's Fabio Scozzoli took the silver medal in 59.42, and South Africa's Cameron van der Burgh won the bronze in 59.49. (AP)

TV Lineup

NATIONALS (7 P.M., MASN) After a rough road trip, the Nats head home to play the Florida Marlins.

SOCCER (8 P.M., ESPN2) Juventus plays Club America in New York as part of the World Football Challenge.

MYSTICS (7 P.M., CSN) The Mystics host the San Antonio Silver Stars.

PRO BASEBALL (7 P.M., MLB; 8 P.M., WGN) The San Francisco Giants visit the Philadelphia Phillies, and the Chicago Cubs take on the Milwaukee Brewers.

ALL IN ACTION ON TUESDAY

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fit

Guinea Pig | Brush Stoked

You'll smile after brushing with Kiss My Face's newly revamped toothpastes ($6, Kissmyface.com). That's because no matter which of the six varieties you use, you'll smooch an entire garden of greenery, starting with the aloe vera gel used instead of water. Add in olive leaf extract (for its antibacterial properties), Icelandic moss (a natural whitening agent) and peppermint oil (which tastes nice), and you'll be ready to plant one on everyone.

A Course in Obstacles

Competition Training prepares you to leap, climb and lift to the finish line

How does it feel to sprint with a medicine ball, vault over a trio of boxes, scurry through a tunnel, pull yourself over two pommel horses, climb a cargo net, hoist a sandbag while ascending a flight of stairs, run up an 8-foot wall and then flip a tractor tire 10 times? You could ask the crew gathered at Urban Evolution, the year-old gym in Alexandria — if they weren't all flopped on mats and drenched in sweat, catching their breath.

What it is: Competition Training is the brainchild of owner Salil Maniktahla, who didn't want anything to stand between his students and success at the obstacle course races that have been popping up across the region over the past five years. Most, such as Warrior Dash and RunAmuck, are mud runs that require participants to rappel down ravines, cross streams or face other hardships to get to the finish line. This month, National Harbor hosted Metro Dash, a 30-obstacle course that was designed to leave participants dog-tired instead of dirty. For the weekly Competition Training classes, the gym is rearranged to mimic the challenges the students will be up against next, and then some.

Moves: Vaulting, leaping and scaling are standard practice at Urban Evolution's parkour classes. Lifting and carrying are part of the gym's UrbanFit program. So you don't just repeatedly drill the course — although you'll do plenty of that, too. Instructor Sean Hannah and Maniktahla also provide pointers on how exactly you go about climbing walls, tackling cargo nets and hoisting heavy objects. If you're a beginner, they'll offer modified obstacles until you have the strength or skill to raise the difficulty level.

If the course doesn't seem punishing enough, you can don a weighted vest to up the difficulty.

Work It Out

Workout: One round of the course may not take very long. At a recent class leading up to Metro Dash, most participants made it through in about three minutes. But the clock can be deceiving when you're pushing yourself to your physical limits the entire time. "We're packing a lot into each movement," Hannah says. In case the course doesn't seem punishing enough, you can always don a weighted vest, which makes every move more challenging.

KATHERINE FREY/TWP

The Competition Training class at Alexandria's Urban Evolution prepares students to vault over boxes and climb cargo nets.

Attack of the Ninjas

The world's ultimate obstacle course is featured on Japan's "Ninja Warrior," a competition program that rarely produces a winner. (Of the 2,600 folks who've attempted the course since 1997, just three have made it to the end.) The TV show has built a cult following here on the G4 Network, which also airs "American Ninja Warrior," a spin-off that invites folks in the United States to compete for an opportunity to go to Japan. The third season premieres Sunday at 9 p.m. Viewers will see hundreds of competitors attempt the tryout course set up along Venice Beach, although just a fraction will continue on to the other rounds. Hopefuls include previous "American Ninja Warrior" contestants, one of the Denver Broncos and three instructors from D.C.'s Primal Fitness. The gym (219 M St. NW; 202-596-9348, Primal-fitness.com) is offering a three-hour "Ninja Warrior" seminar with fan favorite Levi Meeuwenberg on Saturday at 3 p.m. for $75. V.H.

Crowd: Because Urban Evolution regularly fields teams at these events, many of the students who show up are employees preparing to defend the gym's honor. But they also get average Joes who've signed up for the obstacle course runs and want some training, lest they get schooled on race day. That includes Sean Coyne, 29, who had a few key goals for Metro Dash: "I want to finish it and not puke everywhere." If you can make it through Competition Training, the actual competition should be a breeze. VICKY HALLETT (EXPRESS)

● *At Urban Evolution (5402 Eisenhower Ave., Alexandria; 571-215-8218, Urbanevo.com; Sundays 5-6:30 p.m. It's $20 for a day pass.*

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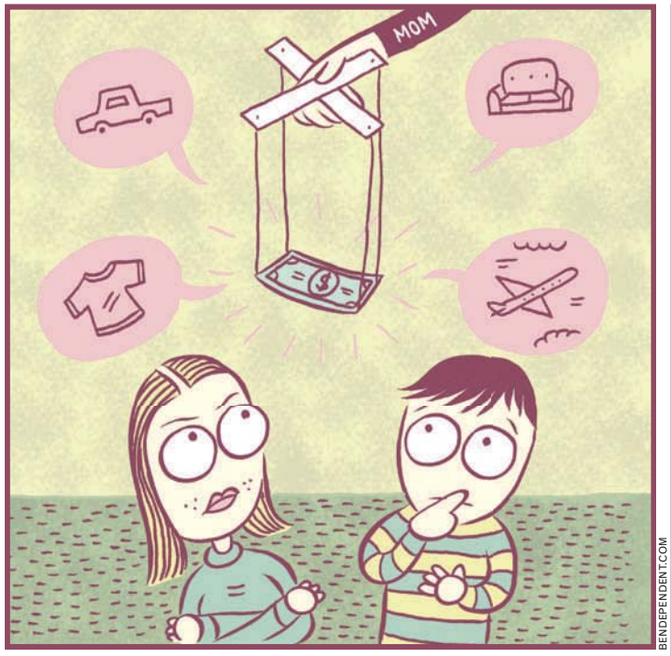

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Needlessly XXXcessive

Q My husband's porn habit disgusts me. At first, I told him I didn't care as long as there was never any two-way communication. But I know he views it all the time, including at work, and I find it on our home computer. When I bring it up, he calls me a nag or a prude and says that I used to be OK with it, so I have no right to complain now. GROSSED-OUT WIFE

What a scary world it would be if being married meant you could never change your mind!

Is it that the porn is more in your face now (which you still have a right to object to)? Or might this be a more serious issue, perhaps entailing your husband's needing treatment for a compulsion?

If it's the former, rules need to be redefined to specify that his habit shouldn't negatively affect your daily life — that's not being prudish; it's being prudent. Make it clear you're not saying it's verboten, but that the excess is not what you bargained for.

If it's the latter, this is more about helping him seek out some help. Addictive behavior has eaten away at many marriages; if this is the core issue, you could use some professional support.

At What Price Freedom?

Q My mother is always trying to give me and my boyfriend money, clothes, furniture, etc. She's very well-off, but I feel like she uses money to control people, and I resent her throwing it in our faces all the time. I'd rather live my life the way I want to live it and not have to have the dining room table she wants me to have. (Even if it is way nicer than what I could afford.) How do I deal with her without being huffy? FRUSTRATED DAUGHTER

I'm not sure what tactics you've already tried, whether politely refusing for trivial reasons ("Cashmere has been giving me a rash lately") or letting your real feelings slip out ("Don't try to buy my love with sweaters!"). Certainly, the best place to begin is a gentle, firm, "I truly appreciate your generosity. But I'm trying to build a life here, and I want to be able to feel like I've worked hard for what I've gotten." She sounds like a steamroller who might ignore such nuance; if she does, simply smile and refuse. As the offers continue, say, "No, thank you. No, thank you. No, thank you," even if you're saying it to the UPS guy hoisting an antique armoire. Lather, rinse, and repeat.

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the new book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

Movie Medicine

If you're more into side effects than special effects, visit the AFI Silver Theatre (8633 Colesville Road, Silver Spring) Thursday at 7 p.m. for "Supersize Me," the next installment in the Science in Cinema film series run by NIH (Science-education.nih.gov/cinema). After the credits, experts offer their views on the medical issue raised by the film — in this case, obesity. Tickets are free, but it's first come, first served, starting at 4 p.m.

Take the Lead, America

Practice the routines to keep in step for National Dance Day

Never be shy about asking Eleanor Holmes Norton to dance. "I'm always game," says the District's delegate to Congress, who promises to shake a tail feather along with everyone else who shows up at the second annual National Dance Day celebration at the Sylvan Theater on the Mall Saturday from 3 to 6 p.m.

It's part of a nationwide effort to encourage activity that is spearheaded by Norton and Nigel Lythgoe, executive producer and judge for Fox's "So You Think You Can Dance." Even if you think you can't, try to learn the flash mob moves (available at Dizzyfeetfoundation.com). There are options for beginners, intermediates and advanced dancers, so all participants at the events across the country will feel successful when it's time to bust out into the routine.

"This is a type of fitness that you can get even couch potatoes to be engaged in," says Norton, who vows to practice ahead of time this year. (In 2010, she made up her own choreography.)

TRACY A WOODWARD/TWP

Among the acts performing on the Mall will be the tapping Manzari Brothers.

Even when attendees are serving as the audience for a showcase of local performers, Norton expects to see plenty of clapping, swaying and toe tapping. It'll be hard not to be moved, she says, by the eclectic lineup that includes hip-hop, pop ballet, flamenco and, of course, D.C.'s very own hand dancing. Two things Norton's really looking forward to: remarks by Olympic figure skater Michelle Kwan (who just moved to town) and the teen tap-dance sensations the Manzari Brothers.

"There's something about seeing live dance. It's so thrilling," Norton says. And it's contagious, too. "If I see you do it, I'll try it. Start up a tune and I'm there," she adds. Although she relies on other forms of fitness, too — racewalking is her regular sport — she says boogying is more fun. "You don't think you're exercising, but you can often have the same aerobic effect," she says, "if you dance like I do."

> **"This is a type of fitness that you can get even couch potatoes to be engaged in."**
>
> — **ELEANOR HOLMES NORTON,** D.C.'S DELEGATE AND A DANCE ENTHUSIAST

VICKY HALLETT (EXPRESS)

SPECIAL ADVERTISING FEATURE

GOLD'S GYM GET FIT CHALLENGE

12 WEEKS. 6 CHALLENGERS. 1 GOAL.

Build Up To Slim Down

How strength training promotes weight loss

Strength training (a.k.a. resistance or weight training) is an essential part of any long-term weight loss program. Not only do the workouts burn calories, but the muscles that you build during those workouts ***continue*** to burn more calories throughout the day, even while resting. For example, a pound of fat burns about 5-7 calories a day, while a pound of lean muscle tissue burns 10 times that amount!

However, to gain the greatest benefit from strength training, you must do it the proper way, as challenger Stephen Williamson has been learning under the guidance of his trainer, Allison Brooks.

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ALLISON & STEPHEN

Meet Stephen's trainer...

ALLISON BROOKS
GOLD'S GYM - TYSONS CORNER

Allison is the Fitness Manager at Gold's Gym Tysons Corner. She holds a B.S. in Kinesiology from George Mason University. Allison is a former gymnast and collegiate cheerleader. Her passion is teaching people to have fun through their weight loss process, because if they aren't having fun doing it, they won't maintain it. She's certified by the National Strength and Conditioning Association as a Strength and Conditioning Specialist, and Corrective Exercise Specialist, and she is also FMS (Functional Movement Screen) certified.

TRAINER TIP OF THE WEEK

If you are strength training for weight loss, a good start would be to aim for three sets of 12-15 reps of each exercise. The weight should be challenging for those 12-15 reps, otherwise your heart rate will not rise and it will be impossible to get to your "fat burning zone." --Allison

GOODBYE FAT, HELLO MUSCLE

ALLISON & STEPHEN

Stephen has lifted weights in the past, but not in a way that was conducive to losing weight. His focus was to lift the heaviest weight that he could, with a goal of burning out his muscles after just a few reps. Now, *"he's learning a type of training that is very different from anything he has ever done,"* says Allison. *"He's training at a much higher intensity and frequency, and turning his fat mass into lean mass rather than just adding more mass to what's already there."*

Stephen's new regimen is a full body training plan that utilizes every muscle in his body. He performs a higher number of reps of each exercise, and moves between exercises quickly, with a goal of keeping his heart rate elevated in a target zone. His workouts are increasing his muscular endurance, burning fat and establishing lean muscle mass.

"LIKE A PHYSICAL FITNESS AMUSEMENT PARK"

Stephen has discovered there's a big difference between lifting weights alone and having complete access to Gold's Gym's equipment and classes with an expert trainer by his side. *"Going to Gold's Gym feels like going to a physical fitness amusement park,"* he says. *"There's something new and challenging to conquer every time I visit, and Allison has literally used the entire gym and its equipment in our workouts."*

And Allison coaxes more of an effort out of him than he would likely give on his own. *"There are times when I know that I would listen to that 'little inner voice' and give up if I were by myself. But with Allison's support and motivation, I muster up the strength to push through."*

Stephen's enthusiasm for his new fitness lifestyle can be contagious. Follow him on Facebook and on his blog, takingbackmytemple.blogspot.com.

Ready to start building muscle and losing fat?

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Follow Stephen and his fellow Challengers at Facebook.com/GoldsGetFitChallenge

Points are awarded weekly for body weight loss % and competitive challenges.*

CHALLENGERS	Previous Weight	Current Weight	Total Weight Loss	TOTAL POINTS
JOY	170.0	169.0	-22.0	24
MICHAEL	245.4	240.0	-22.4	22
STEPHEN	347.0	342.0	-24.0	18
CAREN	220.5	217.5	-12.5	14
KATIE	227.0	227.0	-14.8	14
LARRY	360.0	357.6	-22.8	13

fit wellness

stethoscope

PEDIATRICS

In-Laws Drive You Crazy But Drive Kids Carefully

Maybe Grandma and Grandpa haven't had to take a driving test in more than 60 years, but they seem to remember something about safety. A study published in the August issue of Pediatrics found that children in car crashes are 50 percent less likely to be injured if a grandparent is in the driver's seat instead of a parent. This is despite the fact that more than a quarter of grandparents were lacking "optimal" child-restraint use.

CANCER

The Heights of Despair

Tall people can dunk baskets and grab stuff from high shelves, but they may get the short end of one stick when it comes to their health. Researchers in England have found an association between height and cancer risk among women — for every 4-inch increase in stature, the risk of several cancers increases about 16 percent. "One [possible theory] is that taller people may have higher levels of growth-related hormones ... and these growth-related hormones may modestly increase cancer risk," said the American Cancer Society's Eric Jacobs.

STROKE

Optimism Optimizes You

If that glass looks half-full rather than half-empty, that's good news for your brain. A University of Michigan study found that people who are more optimistic are less at risk for having a stroke. It could be that folks with such a positive outlook are more likely to take care of themselves and their well-being, or that optimism somehow impacts biological functioning.

Keeping Your Head Up

Identify what's behind the pain in your noggin to get the right cure

Ninety percent of people suffer from headaches, most of which will disappear with aspirin. But sometimes head pain is a warning of a bigger problem. "Anytime you experience a new or different headache pattern, you should pay attention," says Dr. Lisa Mannix, of the National Headache Foundation.

ISTOCKPHOTO

"Anytime you experience a new or different headache pattern, you should pay attention."

— **DR. LISA MANNIX,** OF THE NATIONAL HEADACHE FOUNDATION

Temples or Face

Throbbing on one side of the face or head often means a migraine. "There's a misconception that migraines always cause nausea, but that's not true," says Dr. Robert Kaniecki, director of the University of Pittsburgh headache center. "If the pain interferes with your daily tasks, it's probably a migraine."

Triptans, a class of prescription drugs, offer relief for many people. With over-the-counter remedies, compare carefully. Advil Migraine is basically Advil's regular formula with different packaging, Mannix says.

You should be concerned if the pain is fairly persistent or if the muscles in your face droop, tingle or feel numb, Mannix says. This could be an indicator of a brain tumor. Fast diagnosis is key to treatment.

Behind the Eye

Pressure behind or under the eyes is often a sinus headache. Antibiotics can treat the infection that causes them.

It also could be a cluster or migraine headache. "These are more prevalent in men who smoke or have type-A personalities," Kaniecki says. The pain is usually around one eye and paired with congestion. If these happen over several weeks, see your doctor for treatment options.

Stiff Neck

Generally, pain in the back of the neck is a tension headache, but it could also be a migraine, Mannix says.

Painkillers work well, but taking them twice or more a week puts you at risk of rebound headaches. If the pain comes on suddenly and severely, and you're vomiting, see a doctor soon to rule out an aneurysm. **(REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)**

Treatments

Mitigate Migraines

If the throbbing in your head is being compounded by the sky-high price of your meds, consider minimal-contact behavioral therapy. A new study published in the journal Headache found that patients who see therapists a handful of times (but mostly practice behavioral techniques alone) will save nearly $500 over the course of a year versus opting for pharmacologic treatments. **(EXPRESS)**

Quit Crankin' the Tunes

This is a habit that sneaks up on you: You listen to your music through your headphones at a higher volume than you should, and, eventually, your ears get used to it. Then you play it at that level all the time. "It's possible to become accustomed to louder and louder sounds without realizing it," says Dr. Robert Fifer, director of audiology and speech-language pathology at the University of Miami's Mailman Center for Child Development.

Why it's bad: Blasting Beyoncé at full volume through earbuds for long intervals can result in permanent hearing damage because your body lacks a self-defense mechanism for loud noise. While you won't feel pain in your ears until the volume exceeds 120 decibels, the damage can begin much earlier than that. The reason: The cells in your inner ear that process sound begin working overtime to keep up with the onslaught. Eventually, they die off under stress, Fifer says. You may also experience a constant ringing in your ears, called tinnitus.

Break the habit: You have to retrain your brain to perceive lower volume levels as normal. Start by turning down the volume on your iPod or car stereo until you can hear people who are talking to you. "When you force yourself to listen to music at a lower level, your brain will begin to perceive it as normal after about a week," explains Catherine Palmer, Ph.D., the director of audiology at the University of Pittsburgh Medical Center Eye & Ear Institute. **(REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)**

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DAVIS Construction, with the support of Councilman Tommy Wells, will be hosting a job fair for the Washington Canal Park project on **Tuesday, August 2nd - 10am-2pm** at SW Family Enhancement Career Center, 203 N St. SW. Interviews will be conducted on site. **For information & attendance, please call 301-945-0512.**

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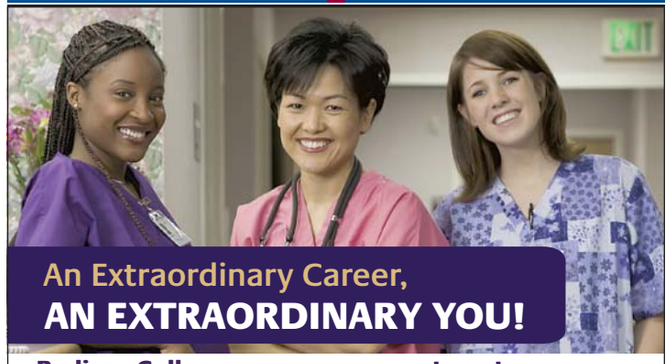

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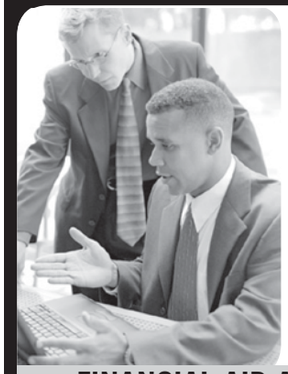

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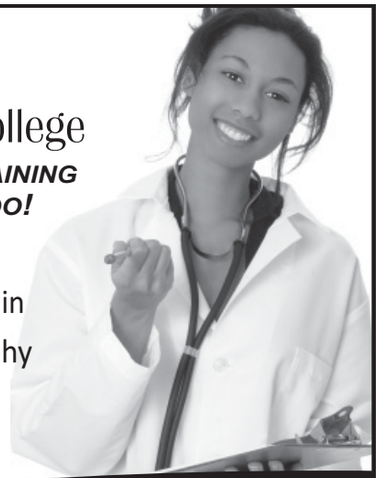

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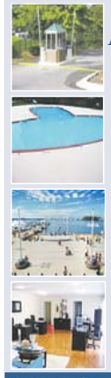

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KidsPost Summer Book Club

Movie Night!

Based on the Newbery Honor book by Gail Carson Levine. The movie "Ella Enchanted," starring Anne Hathaway, is from 2004, is rated PG, and has a running time of 96 minutes.

Tuesday, August 9 - 7 p.m.

The Washington Post
1150 15th St. NW

FREE!
(Limited to the first 300 reservations)

Refreshments will be provided.

RSVP: While the movie is free, we do need parents to go online to **www.washingtonpost.com/postfun** to reserve your space in the auditorium. One adult can register for up to 10 people.

What's better? The book or the movie?

All the featured books our KidsPost Summer Book Club participants read this summer were also made into movies. Our readers voted online to choose the movie shown at our finale event and "Ella Enchanted" was the winner!

Join the club!

You don't need to be a member of the KidsPost Summer Book Club to attend, but if you want to sign up for the club, go to **www.kidspost.com**

The Washington Post
If you don't get it, you don't get it.

XPP421 2x12

lookout

Not Better Together
'DJ Pauly D' will join Britney Spears for six August tour dates 35

Sound Bets

ERIK BURAAS

Oslo Skyline

My obsession with Norway leaves friends scratching their noggins, usually because they haven't been exposed to much about the small Scandinavian country. Before the tragedy that took place on July 22, most Americans were in the same position. Now, they know just one horrible thing that happened there.

By Christopher Porter

Music first piqued my interest in Norway. After three visits there, the awe-inspiring scenery and incredible people led me to its literature, film and art, too. But music is still my greatest connection to this land.

When I think of Norway, I recall the gorgeous work of saxophonist Håkon Kornstad, the sublime interactions of jazz trio In the Country, the otherworldly ruminations of trumpeter-vocalist Arve Henriksen and the serenity of Tord Gustavsen's piano. I think of the swagger of rocker Ida Maria; and the ferocity of metal bands Enslaved, Satyricon and 1349. I remember the electro-jazz stylings of Nils Petter Molvær and Eivind Aarset, and the humanity of singer-songwriter Thomas Dybdahl's breathtaking voice. And this is just the tip of the fjord.

This is my Norway. Search out the work of these great artists and make it yours, too.

@ Comments? Give Christopher your feedback: **expressnightout.com/soundbets**

'90s Nick Stars: Where Are They Now?

Kenan Thompson, a former Nickelodeon star on "All That" and "Kenan & Kel," joined the cast of "Saturday Night Live" in 2003.

Kel Mitchell, who also appeared on "All That" and "Kenan & Kel," will star in the upcoming movie "Dance Fu."

NICKELODEON

Do the Time Warp

Nickelodeon revisits its '90s glory days with a block of retro shows on TeenNick

Television

For a contingent of Americans born between 1970 and 1992, this week is a childhood fantasy fulfilled. Nickelodeon is digging into the archives and airing four classic shows in a block of neatly packaged programming: "The '90s Are All That."

Go ahead and watch a promo, the one with Kenan Thompson sitting on that bright, orange sofa. Yes, he is on the Snick couch.

"The good old Snick couch! That brought back so many memories for me, immediately," Thompson says. "Years and years of it, all around that couch."

The sitcom "Kenan and Kel" will air alongside sketch comedy show "All That"; "Clarissa Explains It All," Nick's first live-action comedy; and the animated series "Doug," four of Nickelodeon's most iconic shows from the 1990s.

The block, which will air nightly from midnight to 4 a.m. on TeenNick, began to take shape last summer, when a bunch of Nickelodeon interns did a presentation for Nick executives in which they said: "bringing back classic Nickelodeon is a real digital opportunity."

Doug Funnie and his dog, Porkchop, return this week on TeenNick.

"When the numbers went from 9 million Facebook fans to 15 million fans, we said, 'This is more than a digital opportunity. This is a TV opportunity,' says Cyma Zarghami, president of Nickelodeon.

Fans love '90s Nick more than Kel loves orange soda. But why?

Nickelodeon started out as the kind of weird, wacky channel kids would have dreamed up for themselves, right down to the orange SPLAT of a logo. Kids don't want squeaky-clean. Kids want pies to the face. Kids want to see other kids being kids.

"Nick was the first and only branded network for kids," Zarghami says. "Our original mission was to lead people to believe that Nickelodeon was run by kids, and that if you walked down the halls of Nickelodeon, you would see kids who looked just like you playing there."

JESSICA GOLDSTEIN (THE WASHINGTON POST)

"Our original mission was to lead people to believe that Nickelodeon was run by kids." — CYMA ZARGHAMI, PRESIDENT OF NICKELODEON

Blake Sennett was known as Blake Soper when he starred on Nickelodeon's '90s show, "Salute Your Shorts" (not slated for a comeback). He has since played in indie-rock bands Rilo Kiley and the Elected.

After starring on Nick's "Clarissa Explains It All," **Melissa Joan Hart** appeared on "Dancing With the Stars" and ABC Family's "Melissa & Joey." (TWP)

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

expressnightout.com lookout

top stops

1 Irish Times

Imelda May has a rockabilly vibe that clearly reflects her Irish heritage — it doesn't have the dusty cowboy feel that accompanies American rockabilly music and, in fact, comes off feeling almost demure. Passionate, yes, but ladylike. May's impeccable music and perfectly curled hair seem almost too polished for a rock goddess. Shouldn't she be out destroying hotel rooms or something? ***9:30 Club, 815 V St. NW; 7 p.m., $25; 202-265-0930, 930.com. (U St.-Cardozo)***

2 Themes Are for Regular People

Bethesda's selection of movies for its weeklong outdoor film series is almost aggressively random. There are two recent blockbusters ("The Social Network" and "The King's Speech"), one classic musical ("Bye Bye Birdie"), one sports hero flick ("Rocky") and our favorite (and the one showing tonight) the '80s teen drama "The Breakfast Club." ***Corner of Norfolk and Woodmont avenues, Bethesda; through Sat., 9 p.m., free; Bethesda.org. (Bethesda)***

3 Voice of a Generation

Josh Groban's gorgeous, operatic voice had us thinking he'd be kind of a prig, but it turns out he loves to make fun of himself — Google the video in which he sets Kanye West's tweets to music. He'll be performing (though probably not the tweet song) in Chinatown Wednesday night. ***Verizon Center, 601 F St. NW; Wed., 7:30 p.m., $78-$98; 202-397-7328, Verizoncenter.com. (Gallery Place)***

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Another Blue Man Groupie

Neil Patrick Harris finds it easy to relate to his role as a new dad in 'The Smurfs'

Film

Neil Patrick Harris kept a secret through most of the making of "The Smurfs": He and longtime partner David Burtka had enlisted a surrogate and were expecting twins.

Superstitious and hoping to protect his privacy for as long as possible, Harris didn't reveal his secret to his cast mates or even director Raja Gosnell until late into production in New York last summer.

"We were in Times Square," the 38-year-old actor recalls, "and I leaned over to Raja and said, 'I've got a secret. We're expecting twins in October.'"

Harris' revelation was particularly relevant because in the film he plays Patrick, an expectant father whose already chaotic life — he has a big marketing campaign due and a tough-to-please boss — is complicated when a half-dozen little blue creatures calling themselves Smurfs turn up at his apartment.

SONY PICTURES ANIMATION

In "The Smurfs," Neil Patrick Harris is faced with a stressful career, pending parenthood and tiny blue creatures in his home.

Coming Soon

Smurfs on the Silver Screen

More than 50 years after Belgian cartoonist Pierre "Peyo" Culliford created the Smurfs as a comic book, and 30 years after the little blue creatures became a hit cartoon series, the Smurfs have their own movie opening Friday, a blend of computer animation and live action. A.D.

With his first children on their way, Harris found it easy to identify with his character's fears and concerns about pending fatherhood. "It was certainly easy to play things like looking at an ultrasound photo and feeling the emotion that brings," he says. "It was nice in a nice little secret moment."

Harris and Burtka had just begun their journey to parenthood when "The Smurfs" script came Harris' way.

Having wrapped another season of his hit series, "How I Met Your Mother," "The Smurfs" fit right into the busy actor's schedule. It also brought back memories of his youth, when he would watch "The Smurfs" cartoons on Saturday mornings, like so many Gen-Xers did.

In addition, "The Smurfs" presented an opportunity for Harris to further expand his horizons.

"I've been real proud of my career in that I've been able to hurdle different demographics all over the place," he says. "'How I Met Your Mother' is a pretty mainstream comedy, and I've got the 'Harold and Kumar' franchise stuff, which makes me look really dark ... and now I've got 'Smurfs,' a family film." ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

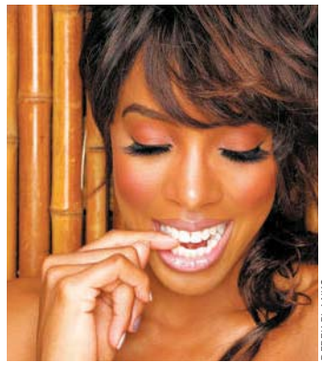
Strong, Self-Assured Survivor

Singer Kelly Rowland displays growth on a new disc, 'Here I Am'

Music

With 18 weeks on Billboard's Hot R&B/Hip-Hop Songs chart, including seven nonconsecutive weeks at No. 1, Kelly Rowland's breathless pillow-talk ballad "Motivation," featuring Lil Wayne, is undeniably one of the summer's best songs and biggest hits. Beyond the track's pervasive sensuality and deceptively simple melody, though, half the impact is hearing a new side to the former Destiny's Child singer, who'd released woman-power anthems in the past but had never emerged quite so strong, so visceral and so present.

Her breakout performance at June's BET Awards — a steamy set with Trey Songz — reflected a new confidence and mystery. That performance showcased a longtime performer who'd finally settled into herself — a quality evident on her third album, "Here I Am," which arrived July 22 on Universal Motown.



DEREK BLANKS

Destiny's Child alumna Kelly Rowland released her third album last week.

> **"I started in this game when I was 15, 16 years old, and here I am 30, and I'm still here."**
>
> — KELLY ROWLAND

"There's something with being on your own and having your business together and having a good team — all of that is so incredibly rewarding. For me, [this album] was just about growth," Rowland says. "I started in this game when I was 15, 16 years old, and here I am 30, and I'm still here."

For "Here I Am," Rowland explored different styles and cut tracks with more traditional urban producers such as Tricky Stewart, Ester Dean, Rico Love (who produced "Motivation") and longtime collaborator Rodney "Darkchild" Jenkins. "I recorded the same whether it was with or without a label, to be honest," she says. "For me, it was just about the creativity." JULIANNE ESCOBEDO SHEPHERD (BILLBOARD.COM)

All Hail the Kings: A week after debuting their new single, "Otis," Jay-Z and Kanye West have announced that their collaboration album, "Watch the Throne," will land exclusively on iTunes on Aug. 8. Then, they'll hit the road. The pair — now calling themselves the Throne — will hit Washington's Verizon Center on Sept. 29 and Baltimore's 1st Mariner Arena on Nov. 1. Tickets go on sale Aug. 8 at 10 a.m. Fans who purchase their tickets online will also receive a digital copy of the album. (THE WASHINGTON POST/BILLBOARD.COM)

TV tonight lookout

Courage Under Fire

'White African' shows one man's struggle with dictator Mugabe

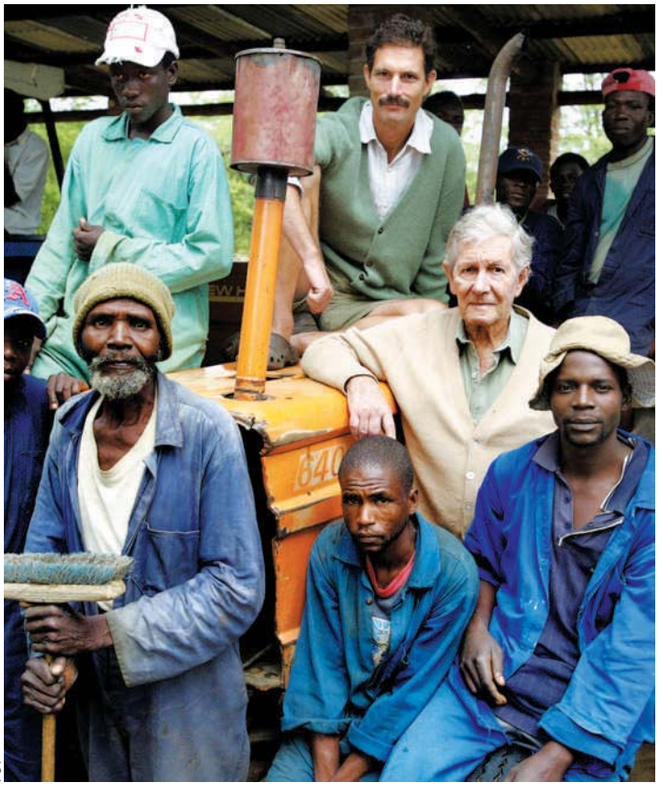
Documentary

PBS 10:00

"Mugabe and the White African" on "POV" was shot entirely in secret to protect the filmmakers from arrest, or worse. It chronicles the efforts of Zimbabwe's dictator, Robert Mugabe, to seize the few remaining farms belonging to white residents as part of a "land reform" program. The film shows how these efforts have distributed once-thriving farms to Mugabe's flunkies and political allies, who have let them go to waste, ruining Zimbabwe's agricultural economy.

One man, Michael Campbell, has refused to yield. At considerable risk, he has challenged Mugabe in international courts. It's an insightful film that asks hard questions about politics and race in Africa.

KEVIN MCDONOUGH (UNIVERSAL UCLICK)



POV

"Mugabe and the White African" chronicles the plight of farmers in Zimbabwe.

Best Bets

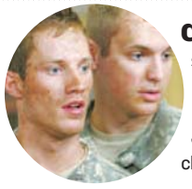
FAM 9:00

The Nine Lives of Chloe King A young man asks Chloe (Skyler Samuels, shown) to help him get home. Although she realizes he's a threat to the Mai, her compassion gets the better of her and takes her and her friends through dangerous territory.

USA 10:00

Covert Affairs Annie and Joan go to Mexico, posing as a news team, to assess the situation when another operative is caught up in a hostage crisis. Arthur sends Ben Mercer as additional backup.

ABC 10:00



Combat Hospital Seven soldiers who survive their injuries without complications credit their good fortune to one Pvt. Henry Flax (guest star Jonathan Keltz, left, with Jacob Kraemer), who they consider their lucky charm.

PBS 10:00

Frontline The new episode "The Pot Republic" examines the effect of California's legalization of medical marijuana. More than half the marijuana consumed in the U.S. now comes from California, where several counties want to regulate its production. (TRIBUNE MEDIA)

Finales

Gone Fishing

As the fishermen on "Deadliest Catch" (9 p.m., DSC) wrap up the season, the captain of the Seabrooke, shown, battles a severe illness, while the skipper of the Northwestern seeks revenge on the Time Bandit for a prank. The men of the Wizard take drastic measures to ensure their final haul is a good one, and the Cornelia Marie completes what could be its final run in the season finale. (TM)

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Poll Center

Today's Question

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Monday's Results

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"Forget resigning. If Thomas is found guilty of 'misappropriating' $300,000 of taxpayers' money, he belongs in jail!"

COMMENTER DIOGENES

"Does it matter? He will likely still get a pension even if he does jail time."

AN ANONYMOUS COMMENTER

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Blog Log

"Look, Dave, I appreciate that you want to keep your new material under wraps until you release it widely in your own way. But you're the one who's built up all this demand by going off the grid and now mostly doing surprise, unannounced stand-up shows. You can't do that and then be pissed when people are hungry for your material."

— **SPLITSIDER.COM** OFFERS ADVICE TO COMEDIAN DAVE CHAPPELLE, WHO BOMBED DURING A BIZARRE STAGE APPEARANCE FRIDAY AT A CHARITY EVENT IN WHICH HE STOOD ONSTAGE FOR 45 MINUTES AND TOLD FEW JOKES, CHECKED HIS TEXT MESSAGES AND TALKED WITH AUDIENCE MEMBERS.

"Really, NYT? Another 'the wealthy are frivolously throwing money around while you, dear reader, are desperately grasping to hang onto a middle-class lifestyle' article? Can ya at least give us a longer break between articles like the mini-mansion tree houses & private jets for spoiled rich tweens?"

— **A COMMENTER AT NYTIMES.COM** DIDN'T TAKE WELL TO A STORY ABOUT THE JUMP IN THE PRIVATE JET BUSINESS IN NEW ENGLAND AS PARENTS ESCHEW ROAD TRIPS TO SEND THEIR KIDS TO SUMMER CAMP AND TO VISIT THEM.

"We could fret about what this survey says about us — that we're borderline alcoholics, that we exhibit compulsive behavior, that we're too stressed out. Eh, don't bother."

— **TBD.COM** REACTS TO A RECENT SURVEY BY THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION THAT NAMED D.C. THE THIRD-BOOZIEST "STATE" IN AMERICA, BEHIND THE TWO DAKOTAS.

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Horoscope

LEO (July 23-Aug. 22) It's not a matter of winning or losing, but surely you'll be able to come out ahead in some way if you play the game correctly.

VIRGO (Aug. 23-Sept. 22) You may have trouble reconciling what happens with how you feel about it. Indeed, emotional truth is not always fully apparent.

LIBRA (Sept. 23-Oct. 22) You're in need of a little inspiration, and it may well come your way, but you may have trouble seeing it for what it really is.

SCORPIO (Oct. 23-Nov. 21) Now is the time for you to state things in an upright, forthright and honest way, even when you fear that your words might hurt someone.

SAGITTARIUS (Nov. 22-Dec. 21) You will want to avoid the trendy, and focus on those things that are timeless, lasting and high in quality and value.

CAPRICORN (Dec. 22-Jan. 19) That which is genuine will always be of great importance to you, and you'll be reminded of this in a significant way.

AQUARIUS (Jan. 20-Feb. 18) You'll have your hands full with some very ordinary things, but the sheer volume of work will challenge you in unexpected ways.

PISCES (Feb. 19-March 20) You can stretch your resources even further than usual, especially your money, which can buy you more than expected.

ARIES (March 21-April 19) How you look and feel is just as important as what you say and do — and, at the very least, they will all be closely integrated.

TAURUS (April 20-May 20) You'll have little information as you begin the day, but later on you'll be able to gather just enough to serve you and your efforts.

GEMINI (May 21-June 20) You can prove to your rivals that you're in it to stay. It's a good time to make detailed plans that seem, to you, to be foolproof.

CANCER (June 21-July 22) You can clear things up before the day is over and help others put to bed an issue that has been unexpectedly and unnecessarily complicated.

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Scrabble Grams

PAR SCORE 145-155, BEST SCORE 203

							Double Word Score	RACK 1
O1	U1	G2	L1	L1	D2	B3		
								RACK 2
O1	O1	O1	U1	T1	T1	R1		
								RACK 3
E1	I1	O1	F4	R1	L1	B3		
							2nd Letter Triple	RACK 4
E1	I1	O1	P3	M3	L1	R1		

Yesterday's Solution

M3	I1	N1	I1	V4	A1	N1	RACK 1 =	62
B3	E1	H4	E1	S1	T1		RACK 2 =	15
T1	H4	R1	O1	A1	T1	Y4	RACK 3 =	63
H4	A1	R1	M3	O1	N1	Y4	RACK 4 =	95
PAR SCORE 150-160							TOTAL	235

FOUR RACK TOTAL _____

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

DIFFICULT

9				7			3	6
8	7	6			1		2	
			2				7	
	3					6		
7								3
		4					8	
	5				6			
	2		9			5	1	7
3	9			5				2

Yesterday's Solution

6	5	1	8	7	9	2	3	4
8	7	3	5	4	2	6	1	9
9	2	4	1	6	3	8	7	5
4	3	7	6	5	1	9	8	2
1	6	8	9	2	7	4	5	3
2	9	5	3	8	4	1	6	7
5	4	9	7	1	6	3	2	8
3	8	6	2	9	5	7	4	1
7	1	2	4	3	8	5	9	6

Need more Su|do|ku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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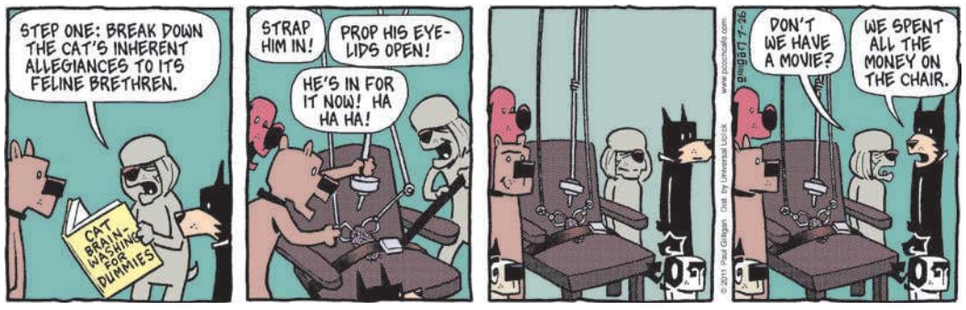
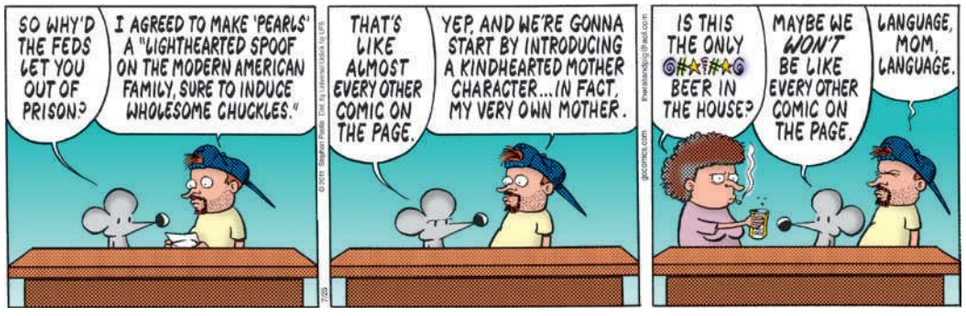
Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

92 | 72

Today: Mostly sunny and less humid today. Clear tonight.

91 | 75

Tomorrow: Mostly sunny tomorrow. Mainly clear and humid tomorrow night.

Looking Ahead

THU	FRI	SAT
93 | 80	98 | 80	95 | 76

Sun and Moon
Sunrise today: 6:04 a.m.
Sunset today: 8:25 p.m.
Moonrise today: 1:53 a.m.
Moonset today: 5:05 p.m.

Almanac
Normal high: 89
Record high: 100
Normal low: 71
Record low: 58

FORECAST BY ACCUWEATHER.COM ©2011

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expressnightout.com/thecapitoldeal
Delivered to you by express nightout

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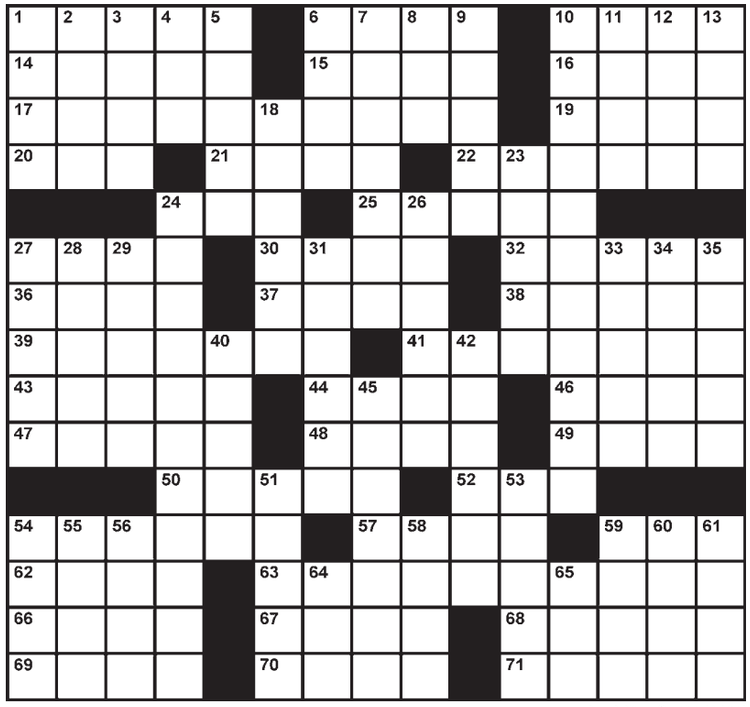
XX195 2x5

lookout puzzles

Crossword

"SUBJECT OF XWORD HERE"



EDITED BY TIMOTHY E. PARKER

ACROSS

1 Tars
6 Maturing agent
10 Pleads
14 Hilo hello
15 Vesuvius output
16 Thing
17 Child of the '50s, e.g.
19 "To Sir, with Love" singer
20 Dos preceder
21 Mandolin cousin of old
22 Join, as the Army
24 Cable viewer's choice
25 Pulsate
27 ___ Romeo
30 Rug type
32 Catches
36 Part of the grandstand
37 Quick intake of breath
38 Birdie beater
39 Carroll and Jerry
41 Spanked
43 One trying to make a big deal of everything
44 Proofreader's "that's OK"
46 Spot for a solitaire
47 Suit material
48 Start to type?
49 Pitcher
50 "___ alive!"
52 Word of indecision
54 Empower
57 Verbalized
59 AFL-___
62 Surrounding glow
63 Recover
66 Tattooist's canvas
67 Chief city of Yemen
68 Cell phone precursor
69 Asian wood
70 Harry S. Truman's wife
71 ___ Bara, early movie actress

DOWN

1 Elephant boy portrayer
2 Thicke of TV
3 Gray wolf
4 Lord's Prayer adjective
5 Dark fur
6 Oodles
7 Reproductive cells
8 Second of all?
9 Less common
10 Hoopster-turned-senator
11 Sundries case
12 Stylist's stock
13 Censor's target
18 Period of powerlessness
23 Jotted down
24 Financial failure of '95
26 Occur
27 Titan with a heavy load
28 Vassal
29 Less in number
31 Go to the mat, to a rube
33 Luminous
34 USNA freshman
35 Passover event
40 Baseball theft?
42 Word with "energy" or "submarine"
45 Flu sufferer's handful
51 Skewered meat
53 Proficient
54 New York's ___ River
55 Microwave, in slang
56 Vocal solo
58 Richards and Landers
59 Lovebirds' place
60 Finished off the cake
61 Southern food plant
64 Keats creation
65 Scroogian comment

Yesterday's Solution

Today in History

1788 New York becomes the 11th state to ratify the U.S. Constitution.

1989 Paraplegic Mark Wellman, 29, summits El Capitan in Yosemite National Park after hauling himself up the cliff six inches at a time over nine days.

1990 President George H.W. Bush signs the Americans with Disabilities Act of 1990.

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people lookout

POETRY

Their Names Even Rhyme!

Nicki Minaj and Ricky Martin will take over Lady Gaga's and Cyndi Lauper's roles as representatives for MAC's Viva Glam lip products, the proceeds of which support HIV/AIDS programs. The ads will debut in February 2012, MAC announced. **(EXPRESS)**

OBJECT OF PITY

Reality Star Auditions To Replace Jennifer Aniston

Kristin Cavallari and Chicago Bears player Jay Cutler have called off their engagement, according to Usmagazine.com. Cavallari, known for MTV reality shows "Laguna Beach" and "The Hills," was "blindsided" by the breakup, says an "insider." "Jay dumped her out of nowhere." The couple were engaged for three months; their engagement party was this past Saturday. **(EXPRESS)**

CHARLEY GALLAY/GETTY IAMGES

She's all, "Look at my man," and he's all, "Wow, that spot in the distance is cool."

Victims

Mariah Hawks Jewelry, Warped View of Pregnancy

Mariah Carey regaled viewers with complaints about her pregnancy on HSN Sunday. "My body went through so much," she said. "You have to keep [babies] in as long as possible. It's a sacrifice you make for them." She then encouraged dads to buy items from her product line as "push gifts." **(EXPRESS)**

MTV/GETTY IAMGES/EXPRESS ILLUSTRATION

This photo illustration depicts Fame, the circle of hell that Dante forgot.

TERRIBLE IDEAS

An Unholy Alliance

Paul "DJ Pauly D" DelVecchio will join Britney Spears for six dates in her August tour, Usmagazine.com reported. "I am so excited to be performing on the Britney Spears Femme Fatale Tour," he said. "Britney is one of my favorite performers and certainly one of this generation's most influential artists. It's an amazing platform to connect with my fans around the country." **(EXPRESS)**

NO, NOT THAT!

Kim Has Tragic, Incurable Skin Condition Called 'Age'

Kim Kardashian was stunned to be diagnosed with a treatable skin condition on the episode of "Keeping Up With the Kardashians" that aired Sunday. A dermatologist told Kardashian she suffers from psoriasis — not ringworm, as sister Khloe suggested. "When I gain a pound, it's in the headlines," Kardashian whined. "Imagine what the tabloids would do to me if they saw all these spots!" **(EXPRESS)**

"I have a clause in my contract that says if you put someone as beautiful as Amanda [Seyfried] in the movie, I have to fall in love with her."

—JUSTIN TIMBERLAKE BLATHERS ABOUT HIS CO-STAR IN THE UPCOMING FILM "IN TIME" AT SAN DIEGO COMIC-CON. THEY ARE NOT DATING, BTW.

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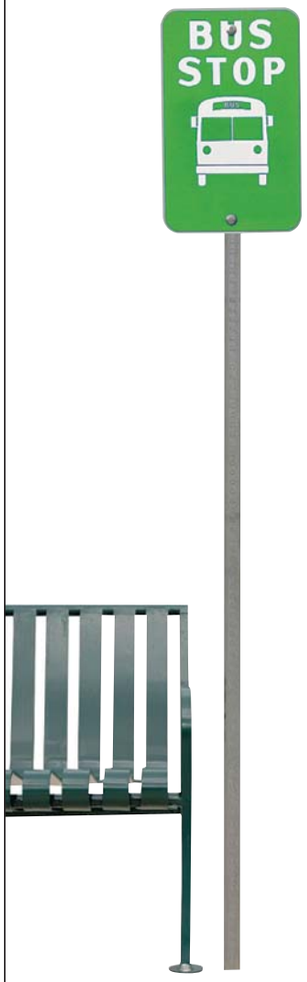

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